

Navigating Your Transformation with Grace

Because, let's face it. The growth process is not always easy, and no matter how amazingly well **you're rocking it**, those difficult emotions will show up! Keep these reminders nearby for anytime you could use some encouraging wisdom.

Be gentle with yourself. Instead of focusing on how you "should" feel, set aside time and space - even small chunks of it - to process whatever emotions are arising for you.

Remember that the turbulent emotions arising do not mean you are not on the right path (or not worthy of the amazing things coming your way!). You are simply shedding what no longer serves you, and that isn't always pretty. Be open to what arises, rather than resisting or judging it.

Breathe.
Just breathe.

Maintain simple routines around what nourishes you. Sleep, movement, nutrition, hydration, fresh air, and spiritual practices will help you recalibrate when it all feels like too much.

Don't forget:
You've got this.

Enlist support!
This may be friends or family, or a coach who is not personally impacted by your growth journey.
Don't go it alone!



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Practice this simple yet powerful exercise when difficult emotions arise.

Use a journal for more space as needed.



First, tune in.

Close your eyes, put your hand on your heart, and take 3 deep breaths.

Then ask and reflect on the following questions:



What am I feeling? (You may be surprised, so stay curious here.)

I am feeling: _____



Where is the feeling in my body?

I am feeling _____ in my _____.

It feels like _____.



Can I allow this feeling to be here, just in this moment? _____

Notice what happens. Keep breathing. If the answer is no, take a break.



What does this feeling want me to know?

What do I want the feeling to know?



What is one intentional action I can take to support myself through the experience of this emotion?



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