



### **35. PREPARE FOR TRANSFORMATION**

Any significant transformation requires some level of discomfort, uncertainty, and frustration.

It pushes you out of the known and makes you repeatedly question yourself and everything you are doing.

While that can get quite unpleasant, it is **THROUGH** this radical path of stepping out of one's comfort zone that we learn and grow the **MOST!**

So, if you're finding yourself in the midst of an important change, your soul is reminding you to focus on all the reasons **WHY** this transformation is truly necessary in your life right now and to keep going and believing in yourself regardless of how much "outside" support you may (or may not) be getting (quite often we have to be our own cheerleader and that's OK).

And please remember that your spirit team is always there, looking out for you and guiding you, while you are going through these turbulent times!



[Ask Your Soul Message Cards \(Small Version\)](#)

[Ask Your Soul Message Cards \(Large Version\)](#)

Created with ❤️ by Olga B.

[Linktr.ee/AskYourSoul](https://linktr.ee/AskYourSoul)