



## Be Brave. Make Space.



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Hi! I'm Coach Margie  
I'm glad you're reading the Brave Space newsletter. My newsletter is written to share information and support.



### Upcoming Events

**January 1-31:** Follow me on Facebook, IG, and LinkedIn for daily video tips and benefits for navigating your Dry January—links below for my social accounts.

**February 1-29:** Fresh February registration has launched! [Register Here](#) (Virtual)

**Free Values-Based Boundaries Workshop:** Save the date! April 8-12, 2024 (Virtual)

### Adopting a Self-Compassionate Mindset

You'll naturally evolve into many versions of yourself over the course of this one precious life you've been given. Like it or not, change is an inevitable process of life, and you are constantly going through transitions. Some big and some small, these transitions are an important part of your growth and development.

Some transitions fade into existence; others show up out of nowhere. **Yes, growth can be painful, and major life transitions can be difficult.** Depression, anger, or grief can be a part of change that is out of your control. **They can feel traumatic.** Even when a transition isn't all negative, not knowing what comes next can

**Life changes don't happen in a straight line.** Just staying afloat shows that you're fighting through adversity. You're hanging in there even when it gets hard, and you're putting in the work to get better, even when it's mentally, emotionally, and physically trying. **Perfection isn't attainable. Progress is the goal when building and navigating a new version of life while navigating your other responsibilities.**

#### 4. Even if a transition feels like forever, it's always temporary.

Some days it feels as though it will never happen. Feeling stuck and wondering if you'll ever get to where you want to be or if the "light at the end of the tunnel" actually exists is normal. **The light may feel far, far away, but it is there.** The reason for your life change could be something permanent, such as losing a

be agonizing, anxiety-provoking, and stressful. It's normal to feel off-balanced or unsafe as you adjust to something you know little about.

**Understanding all of this inevitability, how can you stay grounded while navigating a big change?** Here are some helpful mindsets to adopt:

### **1. You are starting again, not starting over.**

The concept of "starting over" might give you the sense that you're erasing the previous versions of life you have lived. Reframe it as "starting again" to allow you to **hold space for all the progress you have made**, the wisdom you have gained, and the meaningful experiences you have had. **You get to use these tools as guidance for the different paths you want or need to go down.**

Let's say you're hiking up a mountain and you take a wrong turn on the trail. You don't trek down to the bottom of the mountain and start over again. You find your way back to the trail and keep going. **It's a new chapter, not a new story.**

### **2. You can do hard things.**

How often have you told yourself, "I can't do this," and then do it anyway? If you answered "many times," (and I know you did) **you are more capable than you realize.** *Difficult* doesn't mean *impossible*, even if it feels that way. **Humans are adaptable by nature**, and for better or for worse, the only way out or up is through difficult times. This is true for both physical strength, mental fortitude, and emotional resilience. **You have already survived 100% of your hardest days so far**, proving that your capability is there. And when you hit a wall, there are tools, techniques, resources, and support; **you don't need to figure everything out all on your own. Ask for help - it's there!**

### **3. Struggling doesn't mean failing.**

There are going to be hard days during your transition. You may cry, get angry, feel distracted, and more. This doesn't mean you failed; it means **you're a human going through a difficult time.**

loved one, graduating college, or getting diagnosed with a chronic health condition, but it won't always feel the same way it feels today. You'll get better at handling it, understand it more, and find a way to allow space for it, even if somewhat reluctantly, and you'll reach a point where you have more space to do the things you enjoy.

### **5. Your feelings are *always* valid.**

Whether you choose this big life change or the universe forces one on you, your emotions will ebb and flow, and many of them will be painful. Emotions aren't meant to be suppressed. You don't have to like your difficult emotions, but it's healthy to let them come and flow through you until they pass.

We aren't supposed to 'get over' emotions. That's like telling yourself to 'get over' what you've been through. **We don't forget difficult life experiences, but we can learn to honor ourselves for surviving and thriving despite them.** It's important to learn to cope with these feelings in appropriate, healthy, and safe ways so you can learn to feel them, honor them, and then let them go. **Meet your emotions with compassion and kindness instead of judgment.** They are meant to teach you self-compassion, self-love, resilience, and more.

### **Wrap-Up**

While navigating and adjusting to a life transition can be tough, it can also be transformational. Whether the reason for the transition is by choice or not, **the process of strengthening yourself and getting better at handling tough times pays off.**

Your relationship with yourself and others improves. You learn to push yourself outside of your comfort zone to try new things. You grow confidence. **One day, your future self will look back with pride and gratitude for how you worked through this transition.** You are worth the effort!



*Margie*

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