Journal Prompt

Day 9: Transformation Requires Transition

Reflect on whatever kind of "transformation" you are seeking on your journey—with your health, with food, or with your personal growth.

- *What does this transformation look like? How do you envision your "transformed" self?*
- *What does your transition period entail? What will you need to learn or go through on your way to transformation?*
- *What challenges might you face during this transition period?*
- *What tools, resources, or attitudes can you turn to for support in facing those challenges?*

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