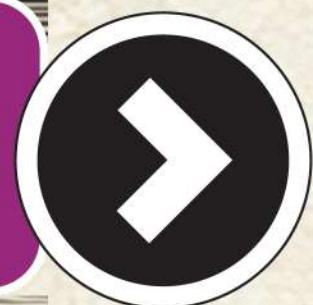




**Public speaking will make you
feel terrified**



Before it makes you confident.



Meditation will make you feel restless



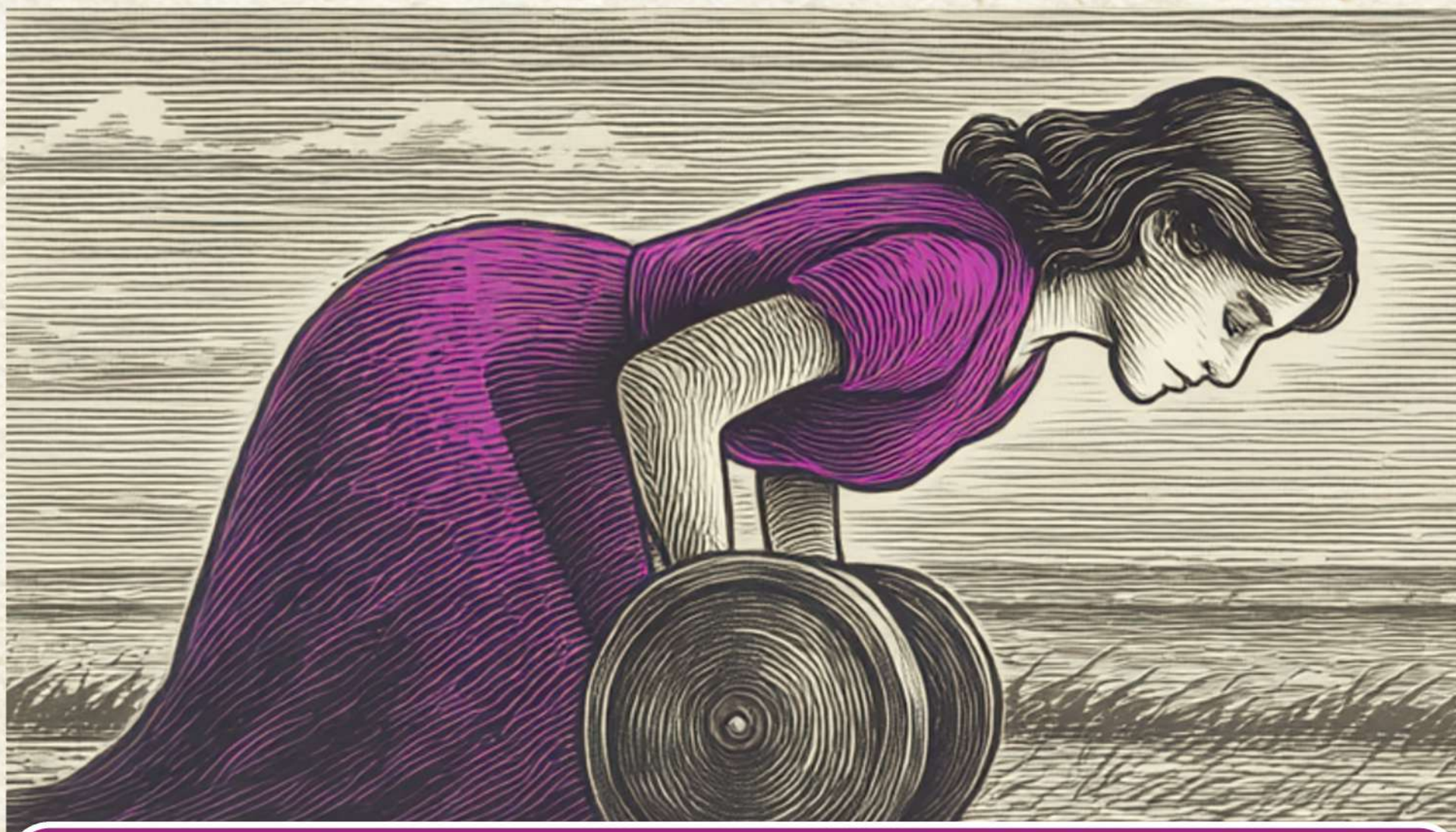
Before it makes you calm.



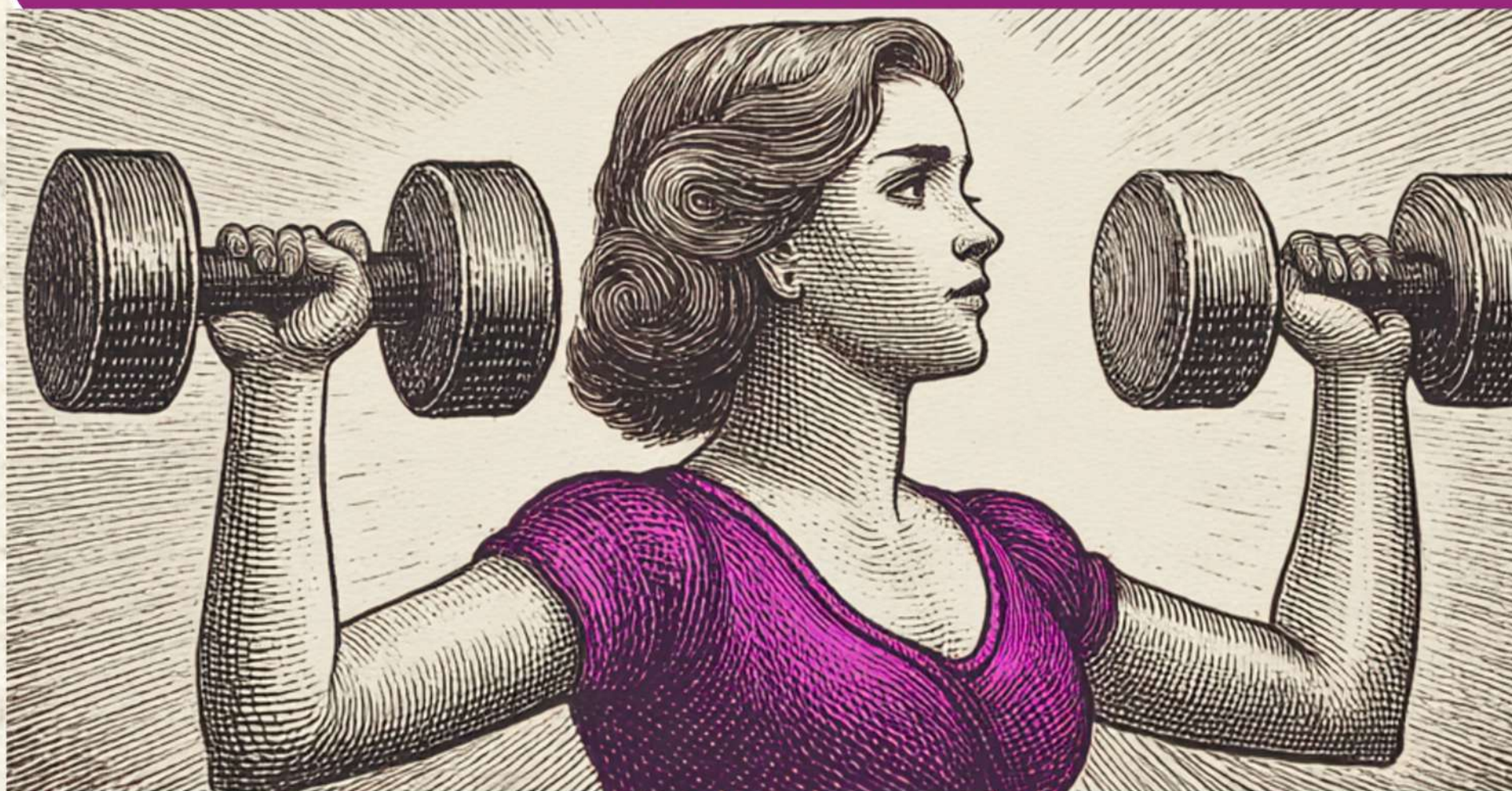
**Learning a new skill will make
you feel dumber**



Before it makes you smarter



Working out will make you feel weaker



Before it makes you strong



**Waking up early will make you
feel exhausted**



Before it makes you energized.



**Setting boundaries will make
you feel guilty**



Before it makes you free.



**Leading with empathy will make
you feel vulnerable**



Before it makes you powerful.

**ALL GROWTH FEELS
UNCOMFORTABLE
BEFORE IT FEELS
TRANSFORMATIONAL.**



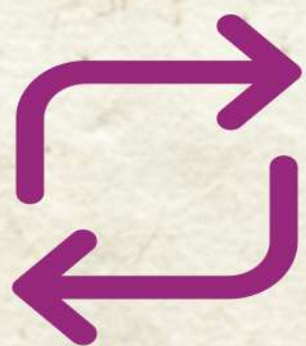
Which will you choose?

The pain of **growth**
Or The pain of **regret**

CHOOSE WISELY



Save this to help others lead.



Repost to help someone think clearer today

Follow **Bhavna Toor**
for more conscious
leadership tools.

