

The Reflection

When you began this journey, you were looking for answers, nothing you'd tried had worked, you were trying to understand why you felt the way you did. Now you're beginning to understand something far more important: **you have power over the next choice you make.** And then the next.

- ♥ Healing happens every time you interrupt a pattern.
 - ♥ Every time you tell the truth.
 - ♥ Every time you protect your peace.
 - ♥ Every time you choose self-respect over self-abandonment.
- You're no longer waiting for your life to change. You're becoming the person who changes it. Never underestimate how radical that is.

Most people spend their lives **hoping** things will be different. You're learning to **become** different. That is how sustainable change happens.