**Healing is an Individual Process**

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There is no one size fits all approach to healing. You have to sit down take a deep breath and seriously think about those things that have been weighing you down for years. Those things that you can't seem to let go of or forget. Sometimes, it's not even things but people who are holding you back, but you are afraid to let them go for one reason or another. You cannot heal in the same environment that is making you sick.

Tribe, God is calling you forward today, so he can heal you, but sometimes that requires letting go of a few things. Stepping outside of your comfort zone and letting go of fear. I challenge you today to take 25 minutes, and write down each and every negative thought, perspective, hindrance and person in your life that is no longer serving you. And then I want you to commit to working on each item you listed until you see progress and growth. Remember it's all about the baby steps.

Come on Tribe, you have to start somewhere.....I promise amazing transformations and new beginnings are on the other side.