

**What are you most proud of achieving or getting to in your healing journey?** Please share in comments. Why does it matter to take a moment and be proud, no matter where you are on your healing? And what do you do when you are struggling and don't feel so proud?

**Here is a two-part a conversation with me all about the journey of healing.** I am also a sharing a personal story to inspire you to keep going.

**If you are feeling stuck with your healing, [chat with me](#).** International Numbers available and your first call is FREE.