

*SISTERS N PROGRESS
HEALING CHART*

Thick N Sassy

1. SOUL SEARCHING
2. TEARING DOWN WALLS
3. MENTAL HEALING
4. LAYING NEW FOUNDATION
5. RECOVERING
6. DISCOVERY
7. LETTING GO
8. LOVING YOURSELF MORE
9. I AM REPAIRED
10. I AM REJUVENATED
11. I AM MOTIVATED
12. I AM HEALED

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