

"Face It, Fix It, Let It Go: Turning Failures into Freedom"

Let's talk about something we don't always want to admit: failure. It's not cute. It's not Instagram-worthy. And yet, it's one of the most powerful teachers we'll ever have. One goal I've set for myself—and I'm challenging you to do the same—is to take an honest look at my failures. Not to beat myself up, but to grow. Because growth starts with truth, and there's freedom in facing what we'd rather ignore.

Here's the plan: face it, fix it, and let it go.

Step One: Face It—Own Your Truth

First things first, sis: no more running from the truth. It's time to own your failures. Did you drop the ball on a big opportunity? Stay in a situation that you knew wasn't good for you? Give up on something you knew was meant for you? Whatever it is, own it. Facing failure isn't easy, but ignoring it will only hold you back. Growth begins when we're honest about what went wrong—not to shame ourselves, but to take back control.

Step Two: Fix It—Do the Work

Not every failure is final. Some things just need a little effort, a little care, and a lot of determination to turn them around. Maybe it's a dream you let go of because life got in the way. Go back and revisit it. Maybe it's a relationship you didn't nurture, a goal you abandoned, or a skill you stopped working on. Don't be afraid to try again. The beauty of life is that you can start over, as many times as you need to. Fix what you can, and watch how resilience can turn "failure" into a stepping stone.

Step Three: Let It Go—Release the Weight

Now here's the hard truth: not everything can be fixed. Some failures are just done. And that's okay. What you can't change, you have to let go. Forgive yourself, grieve the loss, and set yourself free from the weight of what could've been. Holding onto the past will only keep you from stepping into your future. It's not easy, but it's necessary. Let go of the "should've-beens" and make room for the "still-can-bes."

Why This Matters

Failure is not the opposite of success—it's part of the process. Every strong, successful, unstoppable woman you admire has failed. The difference? She didn't let failure define her. She learned from it. She faced it. She fixed what she could. And she let go of the rest. That's the key, sis: learning to use failure as fuel, not as a roadblock.

Today, I challenge you to do the same. Sit down with yourself and ask the hard questions. Where did I fall short? What can I learn? What can I fix? What do I need to let go of? You don't

need to have all the answers, but taking that first step is powerful. It's how you grow. It's how you heal. And it's how you remind yourself that failure doesn't have the final say—you do.

So here's to facing it, fixing it, and letting it go. Here's to turning failures into freedom. You've got this, sis. Keep shining