

A woman with large, white, feathered angel wings is sitting on a dark windowsill. She is looking out of a window towards a bright, glowing light source, possibly the sun or moon. The scene is dimly lit, with the light from the window creating a soft glow on her wings and the sill. The overall mood is contemplative and serene.

Growth is **painful**

Change is painful

But nothing is
as painful as
staying stuck
somewhere you
don't belong

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~ Mandy Hale