

I take each day as it comes
And now I don't even run
Not scared of my emotions anymore
In fact, I like to greet them at the door
I know everything is temporary
I am not the things that happened to me
Finding joy in all the little things
Getting comfortable in my own skin

Oh, I was broken and insecure
My heart was scattered, pieces on the floor

But now I'm healing, feeling, growing and unlearning
Healing, feeling, growing and unlearning
My old self has been laid to rest
Now I'm ready to become my best
Oh, I'm healing, feeling, growing and unlearning

It ain't easy growing up
With 40 trips around the sun
I've started seeing things clearly
Let me tell you what I believe
The strongest pain and the hardest things
Are simply life happening
Wisdom is the journey

We've all been broken, felt insecure
My heart's been shattered so many times before

Always healing, feeling, growing and unlearning
Healing, feeling, growing and unlearning
Life has put me through so many tests
Every day I'm working to be my best
Always healing, feeling, growing and unlearning

Healing, feeling, growing and unlearning
Healing, feeling, growing and unlearning
Whenever times get rough
I'll sing this little song
To remind me I'm healing, feeling, growing and unlearning