

# I RELEASE THE PAST.

I feel liberated when I release the past. *I let go of memories that would hold me back, and put the past to rest.*

I develop compassion for those who may have harmed me. I try to understand their position and wish them well, even if I disagree with their actions.

I come to terms with loss. Life is full of transitions. I make the most of my experiences and relationships while they last. I am comfortable with beginnings and endings.

I learn from my missteps. *I forgive myself and move on.* Taking sensible risks may sometimes expose me to errors. However, pursuing valuable opportunities is more satisfying than refusing to try at all.

When I put the past behind me, I am able to face my feelings. I examine my thoughts to see if they serve my current interests. I am open to changing my viewpoint.

*I live in the present moment.* I slow down and pay attention to my senses. I ask myself if I am seeing a situation realistically or whether my vision is distorted by previous experiences.

While I focus on the here and now, I plan for the future. I devote my energy to creating positive change and I am hopeful about what lies ahead.

Today, I release myself from the past and welcome new adventures.

## **SELF-REFLECTION QUESTIONS:**

1. How does accepting the past help me move forward?
2. How do I distinguish between letting go and giving up?
3. Where can I find the courage to stop clinging to things just because they are familiar?