

I move on

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I am committed to making progress. I move forward. I let go of the past. I learn from my experiences instead of dwelling on disappointments. **No time is wasted when I turn my setbacks into lessons on what to do next.**

I practice forgiveness. I wish others well even when I disagree with their actions. I offer second chances to others, and comfort to myself. I feel unburdened when I say goodbye to anger and the need for retaliation.

I treat myself with compassion and give myself time to grieve for my losses. I acknowledge my feelings and validate my struggles.

I free up my resources. I live in the present moment. I hold onto my memories without letting them hold me back. I appreciate my roots without idealizing my past.

I accept uncertainty. I greet new opportunities with excitement and curiosity. I am willing to take risks and test my limits. **I grow by replacing old habits**

and patterns that no longer serve my needs.

I try new strategies that bring me closer to realizing my goals.

I stay positive. I believe in myself and my resiliency. I know that I can handle a few bumps in the road. When I stumble, I pull myself back up. I persist until my efforts pay off.

I enjoy the peace and freedom that comes with acceptance and healing. I am ready to forge ahead.

Today, I celebrate the fact that life moves on. I regroup, and move forward with a happy heart.

Self-Reflection Questions:

1. What is the difference between moving on and forgetting?
2. What title would I give to the next chapter in my life?
3. How do I move on after a relationship ends?