

My past is behind me

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I am free of my past. What has happened no longer influences my life. I can leave the past behind me and look ahead to the future.

At times, I may have failed in the past, but I am unburdened by these setbacks. I can see the future with a positive perspective.

I use my past successes to my advantage.

If I am going to look to my past, I focus on my successes. This keeps my outlook positive and hopeful.

I maintain my strongest focus on the present. I live each day to the fullest and enjoy everything that life has to offer. Many exciting things are happening around me. I steal from my present and my future when I focus on the past.

I know that I am unable to change the past. People have acted poorly toward me. I have made poor choices. However, I am optimistic about the future.

The future can be whatever I choose to make it.

Today, I am giving up the past for the present. My mind is rooted in the present moment with an eye looking toward the future. I have a bright future and choose to forget the past. My life is looking better than ever.

Self-Reflection Questions:

1. How has my preoccupation with the past harmed me and my life?
2. What would I do right now without the burden of the past?
3. How do I allow the past to affect my future?