

I release the past.

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

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

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

I learn from my slip-ups. ***I forgive myself and move on.*** Taking some risks may expose me to errors. Yet, pursuing valuable opportunities is more satisfying than never trying at all.

When I put the past behind me, I can face my feelings. I inspect 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 if my vision is distorted by previous experiences.

While I focus on the here and now, I plan for the future. I dedicate 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?