

Personal Reflection Exercises...

I can let go of the mistakes of my past.



I can let go of the mistakes of my past.

My past mistakes are just that - part of my past. I live in the present because I cannot change the past and know not what the future holds. I may only influence the present, so ***I make the most of every moment in the here and now.***

Just as all past experiences are part of what I am today, my mistakes have helped me grow and develop my inner strength. I appreciate them for what they have brought to me.

I refuse to fret over my past mistakes. Worrying about something I cannot change brings me unnecessary stress and causes me to waste my time and energy. I choose, instead, to devote my focus on what I can do right now to improve my life.

If I am dealing with unpleasant consequences of a past mistake, ***rather than bemoaning the mistake, I seek solutions to my challenges.***

Mistakes are like blocks in the road or boulders on my path. They may seem immense, but I can go around them and

continue on my journey. I leave them behind without another thought. I would never think of picking them up and carrying them with me!

In the same way, ***I leave my mistakes behind me*** and continue in my journey. I do what I need to do to get past them and then move on.

Today, I choose to live *in the moment* without worrying about my past mistakes. As I do, I feel the joy that can come with the ultimate focus on the present.

Self-Reflection Questions:

1. After I make a mistake, how much time do I spend wishing it had not happened?
2. How have I been made better by a challenge?
3. Do I carry my mistakes with me as baggage?