

My past is behind me

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I am putting my past in the rear-view mirror. What happened in the past is irrelevant today. **I am allowing myself to be free of everything in my past.**

The past is over and done with. Only the present and the future remain. I avoid giving any meaning to anything that has happened to me before today.

I have learned all the lessons the past has to teach me. Once I have learned from my mistakes, I let them go.

My past has made me stronger and wiser. I am becoming a better version of myself each day. I am looking forward rather than backwards.

I am grateful for my past, but it is over. I **put my life on hold when I spend time thinking about the past.**

I am excited about my future and choose to put my attention there. I feel like I am a blank slate and can write any future for myself that I desire.

Today, I remind myself that my past is behind me. I am free of its limitations. I **refuse to carry the burden of the past one more day.** I am looking forward to an exciting future that I am creating each day.

Self-Reflection Questions:

1. In what ways am I allowing my past to dictate my future? What is this costing me?
2. What can I learn from my past that would be useful today? What mistakes have I made that I can avoid making again?
3. What would my life be like if I allowed myself to be free of my past? How would I feel if I were able to accomplish this?