

## Letting go of terrible past, moving on

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Let go of old things that won't allow you to move forward! Stop thinking about what you did in your past, or what someone did to you in the past and move on! I know sometimes it can be hard to do, but for your own well being and to be able to reach your goals, this is something that you should work on daily.

I know of a person who had such a terrible past, that it prevented her from thinking that she would be anything different than what she was told about herself as a child. As a child, she was told that she would never amount to much. She was told that she would never have love in her life and that no one cared about her. If you hear this kind of message enough in your life you will soon believe this about yourself.

But a miracle happened to her! She decided to love herself and not believe the terrible things she heard from her family. One day she decided that in order to achieve her goals in life, she had to tell herself positive things about herself. So when they said she was dumb, she would think of the good grades that she got in school that week. When they said she was ugly, she would tell herself how beautiful she looked every day. When they said that she would never be loved, she remembered how she heard a Pastor at church say once, that God loves everyone no matter what their circumstances are.

She like so many of us out here, live with the words of someone from our past that said or did something to change our perception of ourselves. Negative words can sometimes crush us and our dreams. The key to handling negativity is to fight it with positive words. Every time you hear someone say something negative about you, turn it around and think of all of the positive things about you.

If I would have listened to all of the negative things that someone said about me in my past, I would not be here writing these positive words and uplifting people for a living! I am exactly who I believe I am! I am exactly what I believe I am! No one can change that about my beliefs and I hope that you can one day say that about yourself too!

And as always remember, stay focused, stay determined and keep striving for greatness.

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