

Know when it's time to move on

Written by Penny Jones-Richardson
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Do you ever think about things from your past that you can't do anything about today?

I have been known to do that on occasion. I recently found myself thinking about events from when I was a young child. Some of my thoughts revolved around what I didn't have or what didn't go my way. But most of all, I found myself being grateful for my past, which helped me to develop into the woman I am today. These are the steps that I use in my practice to help others accept and move on from their pasts.

Stop dwelling on the past

There comes a time when you need to realize that the past is over and there is nothing you can do about it. This is hard for some people. Have you ever met a person that all they seem to talk about is what happened to them years ago? Be it bad or good, they seem to relive the events of their past on a daily basis. They seem to be stuck in a time warp that may or may not be healthy for them. If you continue to stay in that mindset and dwell on what happened, then unfortunately you will never be able to appreciate the greatness of *this* day.

Appreciate the lessons learned

One way I have learned to appreciate my past is to identify the lessons that I learned. Now I ask you to think about how your life would be if you hadn't learned some of those valuable lessons. The lessons of your past taught you how to be strong today. Some of those lessons shaped and molded you into the person you are today. Appreciate those lessons and be thankful for them.

Turn the negatives into positive

Now I do understand that not everyone had a past that was healthy or one that they really enjoyed. I also understand some people had a past that would be hard for anyone to imagine some of the things they had to endure. This breaks my heart when I think of how terrible it may have been. But if that is your story then you have a story to tell. There is probably someone right today who could benefit from hearing your story and would love to know that you made it through and so can they. Turn your negative story into a positive helpful story for someone.

Know when to move on

Although, some people may need extra time to change their thought pattern and the way they view life, most people need to move on and accept what's next for them on life's wonderful

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journey. It's hard to walk into your greatness when your feet won't move from your past. But once you make the decision, then your past will lose the hold it has on you. Embrace it and know when it is time to move on.

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

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