

A positive start

As we have discussed in the past, the beginning of a new year is a chance to make a positive start.

To do so we should make one step, right now – forget the past.

It's difficult to do, I know. Heaven knows a lot of people seem to live in the past – but if we continue to live in the past – even a good past – we compromise our chances for a wonderful tomorrow.

The past is gone – it's behind us. For better or worse, we've left our history behind us, where it belongs, and set our sights on a new future, a new chance to excel.

It doesn't matter if your past is full of success or failure – it's gone, it's behind you, it's history. No matter how difficult it may have been, it can only weigh you down if you allow it to do so.

When we stay in the past, we continually compromise our potential for the future – in effect, we limit our future opportunities by concentrating on our past deeds. We may have great opportunities to see before us – but if we're concentrating on looking in the rear view mirror of our past, we'll never see them.

What's the past good for? Learning from our successes and failures, remembering our friends and family who have long since passed away, judging how far we have come – or how far we need to go. All of these things are an opportunity we can gain from pondering on our past – but if we spend too much time dwelling on them, they begin to limit our future happiness.

Let's make it a point in this new year to leave behind the old one – let's look forward to a positive future – rather than looking back at a history that will never come again.

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