

Success Strategies for Being Successful Means Releasing the Past

The path to success means doing the inner healing work and healing the emotional wounds that you have experienced throughout your lifetime. You may wonder what this has to do with success in life and especially your financial success in a home-based business.

Well, sorry—to tell you, my friend, but all of this unforgiveness you may have in your heart will affect ALL of your future personal relationships. Forgiveness of your past is certainly a success strategy that affects ALL aspects of your life' therefore, it means it is critical to release the past"!

"Do not dwell upon the sins and mistakes of yesterday so exclusively as to have no energy and mind left for living rightly today; and do not think that the sins of yesterday can prevent you from living purely today." - As A Man Thinketh

As I've gotten older, I've noticed in many conversations with people over 40, that they consistently talk about the past. Sometimes it's about the "good old days" and sometimes it's about the deals gone badly, the "if I only had" stories and the missed opportunities of the would'a, could'a, should'a regrets of their past.

I believe that the "path to success is to not let by let our "sins and mistakes of yesterday" dominate our thinking today; simply, because it robs us of our present joy and our future happiness. It causes us to miss the real opportunity of TODAY!

JohnMaxwell, in his outstanding best seller, "Failing Forward", gives some great practical advice: "To move forward today, you must learn to say goodbye to yesterday's hurts, tragedies, and baggage. You can't build a monument to past problems and fail forward".

However, forgiveness is the HARDEST lesson I've ever had to learn how to do! But, on my path to success and, as a success strategy, I've learned to do the forgiveness work that has contributed to my financial success.

ACTION STEPS:

Here are some success strategies and an action plan on your path to success for you to heal your past. It is critical that you come to a place of pure surrender in order to learn to be at peace with yourself, at peace with everything that happened in your past, and everybody that it involved in your past. In order to heal, please take the time right now to list the negative events from your past that may still be holding you hostage and are preventing you from being successful TODAY.

For each item you list, go through the following exercise:

1. Acknowledge the pain.
2. Grieve the loss.
3. Feel the feeling and experience the experience.
4. Forgive the person that you perceive hurt you. This is done by just "deciding" to forgive! Give it a new interpretation such as:
"They were doing the best they knew how to do at the time."
"My soul knew that I needed this experience in order to grow".
"All things are working for my good".
"There are bigger and better things ahead of me".
5. Forgive yourself.
6. Determine to release the event and make a decision to move on.

MOST IMPORTANTLY: Decide what the "gift" was in this situation that has now allowed you to become more whole, be more success-oriented, ask what the lesson taught you, and how you've grown by going through the painful experience. I've learned to be able to thank God for the experience because it made me more of who HE wants me to become and has a higher purpose/vision for me.

Your best days are definitely ahead of you if you treat your "mistakes" as necessary lessons to be learned. If you understand that each lesson brings with it a certain amount of WISDOM, you can understand how truly enhanced your life is becoming. Many people can't achieve the success of their dreams because they won't leave their past behind. They won't tear down the monuments they've built to their old hurts and problems.

On the path to success learn that, "As the shell of our egos break—let it go". Let go of the ego because it is the ego that is hurting—not the soul. As we let go of the hurt and pain we begin to notice that even our deepest pain begins to reveal a profound sense of wisdom. This wisdom transcends stress, struggle, and resistance.

This path to success is a wake-up call from our souls because it is making you a much healthier person. So, allow yourself to become aware of whatever pain or challenge you're experiencing. Then let the "shell that covers your understanding" crack as it may. Know and trust that a deeper gift is on its way. Your soul knew that in order to grow you had to experience this painful experience and it is ready to take you to a level of higher consciousness.

One of the best teachings I've ever heard on this was from a motivational speaker whose name has escaped me, but whose message didn't: "In life there are no mistakes, only lessons." Therefore, I've learned lots of lessons because I've made lots of mistakes :-) !

About the Author

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Source: <http://www.articletrader.com>