

# [It’s … something is slowing down. the](https://assignbuster.com/its-something-is-slowing-down-the/)

It’s not necessary that every time youtry something new will definitely gives you success. By something we mean newin business or in life. One bad thing in a day or in a life doesn’t define yourrest of the day or rest of your life. Changein any direction is an irreversible process. In human life there are no closedcycles – everything requires development and moving forward.

In addition, fromtime to time we want to escape from the usual circle, take a step towardssomething new, but … something is slowing down. The experience of past, which left us with negative impressions, stops us tomove forward. The fear of failure acts as a barrier for us to move to the nextthing. How to move towards the next thing and let go of past? 1-   Increase thelevel of energy in your lifeWe live in the present, and all our energy is also in the present, in the “ here and now”.

It is better to fill each moment withstrength and awareness, than to suffer fruitlessly from thepast. Redirecting attention from past to present will increase the amountof energy in your body, actions, strength and depth offeelings. 2-    Theright direction to your goalWhen you look at your past, nothingis visible except your old tracks. The goal sometimes cannot be realized onlybecause, you go to it simply by the old habit, and have long since outgrown itand lost interest in it. What is ahead is much more interesting! It’s time to stop livingin the past. Walk along the road of your life, stay in the present and lookforward to the future, and you will see many interesting things and excitingprospects! 3-    Exit old relationship scenariosMany people because of traumatic events intheir past are obsessed with what was. Theyaccept old images of relationships, and reproduce them again and again: “ Ialways meet alcoholics,” “ I’m unlucky in love,” “ Theybetray me,” “ I get caught by evil bosses.

“ Yes, it may have been in your life more thanonce, but this does not mean thatyou are doomed to such a development of events for the rest of yourlife. This is the case when the burden of the pastis a bad adviser. You can useit only as an experience for introspection: “ What am I doing to getinto such situations and how to change it,” but certainly not to take as abasis the life scenario. 4-   Accepting, forgivingyourself and othersWe cannot accept ourselves or others because of the “ emotionalburden” of the past interfering with our ideas.

Acceptyourself , forgive yourself and others and move forward.  Use theexperience of past and live wisely.