

It's ... something is
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**ASSIGN
BUSTER**

It's not necessary that every time you try something new will definitely give you success. By something we mean new in business or in life. One bad thing in a day or in a life doesn't define your rest of the day or rest of your life.

Change in any direction is an irreversible process. In human life there are no closed cycles - everything requires development and moving forward.

In addition, from time to time we want to escape from the usual circle, take a step towards something new, but ... something is slowing down. The experience of past, which left us with negative impressions, stops us to move forward. The fear of failure acts as a barrier for us to move to the next thing. How to move towards the next thing and let go of past? 1- Increase the level of energy in your life We 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 with strength and awareness, than to suffer fruitlessly from the past. Redirecting attention from past to present will increase the amount of energy in your body, actions, strength and depth of feelings. 2- The right direction to your goal When you look at your past, nothing is visible except your old tracks. The goal sometimes cannot be realized only because, you go to it simply by the old habit, and have long since outgrown it and lost interest in it. What is ahead is much more interesting! It's time to stop living in the past. Walk along the road of your life, stay in the present and look forward to the future, and you will see many interesting things and exciting prospects! 3- Exit old relationship scenarios Many people because of traumatic events in their past are obsessed with what was. They accept old images of relationships, and reproduce them

again and again: " I always meet alcoholics," " I'm unlucky in love," " They betray me," " I get caught by evil bosses.

" Yes, it may have been in your life more than once, but this does not mean that you are doomed to such a development of events for the rest of your life. This is the case when the burden of the past is a bad adviser. You can use it only as an experience for introspection: " What am I doing to get into such situations and how to change it," but certainly not to take as a basis the life scenario. 4- Accepting, forgiving yourself and others We cannot accept ourselves or others because of the " emotional burden" of the past interfering with our ideas.

Accept yourself , forgive yourself and others and move forward. Use the experience of past and live wisely.