

Visiting Your Past To Claim Your Future
by
Monica M. Burns

Are you wondering why you just can't seem to live up to your full potential? Do you often wonder what's behind the fear that continues to hold you back from accomplishing all of your goals. Do you find yourself making negative remarks about other women or even comparing yourself to other women, resulting in you feeling inferior to them. Haven't you ever wondered what's behind all those feelings? Somewhere along the way you lost track of who you were and by measuring yourself to these other women and what they have, it is continuing to harm you rather than help you. It is damaging your self-esteem and your self-confidence. You are looking for an identity and belittling other women is certainly not the way to find one. You may need to visit your past to find your true self. The answer may be there.

As painful as it may be sometimes to revisit bad memories in our pasts, it's the only way to move forward from it. If you suppress the memories, they will continue to have a negative impact over you causing you to self-sabotage. You may not even know what it is that's plaguing your mind, but you need to surely find out. Visit your past by sitting quietly and thinking. May be you were teased a lot growing up, or your family didn't show you a lot of affection. Whatever your situation, it has carried over into the present moment causing stunted growth on your future. Sit and deal with your past now, so you can move on to a fulfilling and satisfying life.

You are not your past; however, your past contributed to parts of who you are today. You can't change your past, but you can change you. Stop living in the past and wondering if people are judging you for things that happened in your past. No one person is better than the other. We all have skeletons in our closets and have to answer to a higher power and it's not the next door neighbors, family members, friends, etc.

Do not allow your past to control you. You will control your past by visiting the problems in your past that's holding you back, then leaving your problems in the past, and moving towards a bright future. You are not your past!

Monica M. Burns
©2005-2006 Monica M. Burns. All Rights Reserved.

About The Author - Image Consultant/Fashion Stylist

Monica M. Burns is a Writer, Expert Author, and Image Consultant/Fashion Stylist. She is President and Founder of Fabulous Life Image Consulting. She is also Founding Editor and President of Monica M. Burns Inc. Publications and Fabulous Life Image Online Magazine. She is an Expert in her field with over ten (10) years of experience. She has authored several eBooks and other reading information materials and is a featured Expert Author and Writer on many websites and in many In-Print and Online Magazines. She has also contributed to several poetic anthologies and won awards for her work.

If you would like to copy or publish any of this author's articles or other reading materials electronically or in print to your websites, ebooks, newsletters, ezines, or any other publications, you MUST include this Author's Byline and all of the Contact and Ordering Information.

Visit Her Websites At:

<http://thefabulouslife.tripod.com>

<http://fabulouslifeimagemag.sm4.biz>

<http://thefablifeweblodge.net>