



MONDAYS

with Mike

10 things we should leave in the past

In their book, 1000+ Little Things Happy and Successful People Do Differently, authors Marc and Angel Chernoff share 10 things that help us grow beyond our past:

Letting other people write your life's story. Spending our whole life worrying about what other people think of us only helps us fall into THEIR plans. Take charge and design your own life.

The fear of making mistakes. Often our greatest achievements and most beautiful creations emerge from the emotions we live, the lessons we learn, and the messes we make along the way. In the long run, things rarely turn out as planned, just better than you ever imagined.

The belief that "perfect" means the same to everyone. Perfect is the way we are now. Perfect is unique.

Negative thinking. The more you praise and celebrate your life, the more there is in life to celebrate.

Doing something just because others are. Give yourself permission to walk away from anything that gives you bad vibes.

Not following your intuition. What is it that you really want to do with your life? What really excites you? Your answers don't need to make an impression on anyone but you.

Procrastinating on your goals and passions. The difference between who you are and who you want to be is what you do. You will need to push your mind and body to their max. Nothing you have a passion for is ever a waste of time, no matter how it turns out.

The belief that failure is the opposite of success. It is not the opposite. It is part of success. Focus on what is present and how far you have come.

People who want you to be someone else. Be yourself. People will love you for it, and if they don't, let them go.

People who are already gone. There are no failed relationships because every person in your life has a lesson to teach. When someone leaves you, it is important to emotionally release them. And know that it is not an ending, it's a new beginning. It just means that their part of your story is over. Your story will go on.

As we open our week and the month of February, let's begin to leave some things in the past.

Have a great week!