



Get more of what you want and less of what you don't, both personally and professionally.

P.A.S.T.

"The past can't hurt you anymore, not unless you let it."

—Alan Moore



Identify Your Wishes. Are they to be athletic again, to practice dancing again? Write down your wishes and turn them into reality. Sign up for a local softball league or dance lessons!

Find the Lesson. If you did something you regret, write down what you can learn and remember from that situation, so it doesn't happen again.

Find Your Purpose. Once you learn the lesson from your past mistake, the best thing you can do is help others. How can you help others?

Identify and Let Go. Think about the things you cannot control, for example, getting older. Worrying will only cause you unneeded stress. Identify it and let it go.

Don't Bury Your Head. Hiding from your problems won't make them go away and will only make them worse. Write down 3 things you can do to face your problems.

Keep the Humor. We all do ridiculous things. Give yourself a break, laugh at yourself, and move on!

Make the Most of Where You Are! Enjoy the present because some day today will be the past you reminisce about tomorrow.



No matter how small your step, as long as you take it in the right direction, that's Positive Forward Motion.