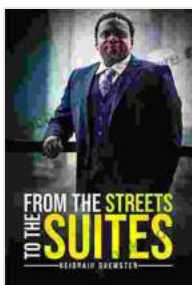


# How To Get Pass Your Past To Soar To Limitless Heights

If you're struggling to move on from your past, this article is for you. It will provide you with the tools and techniques you need to let go of the past and start soaring to limitless heights.

## 1. Acknowledge Your Past

The first step to getting past your past is to acknowledge it. This means facing your past head-on and accepting that it happened. Don't try to suppress or ignore your past, as this will only make it more difficult to move on.



### From the Streets to the Suites: How to Get Pass Your Past to Soar to Limitless Heights by Keidrain Brewster

★★★★☆ 4.8 out of 5

Language : English  
File size : 2498 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
X-Ray : Enabled  
Word Wise : Enabled  
Print length : 104 pages  
Lending : Enabled



Instead, allow yourself to feel the emotions that come up when you think about your past. If you're feeling sad, angry, or scared, that's okay. Allow

yourself to feel those emotions without judgment.

## **2. Forgive Yourself and Others**

Once you've acknowledged your past, the next step is to forgive yourself and others. This doesn't mean that you're condoning what happened, but it does mean that you're letting go of the anger and resentment that you're holding onto.

Forgiveness is a powerful tool that can help you to heal from the past and move on with your life. When you forgive, you're not only freeing yourself from the past, but you're also freeing the other person.

## **3. Learn from Your Past**

Your past can be a valuable teacher. It can teach you about what you want and don't want in life. It can also teach you about your strengths and weaknesses.

Take some time to reflect on your past and identify the lessons that you've learned. Once you've identified these lessons, you can start to apply them to your life and make better choices for yourself.

## **4. Focus on the Present Moment**

One of the best ways to get past your past is to focus on the present moment. This means living in the here and now and not dwelling on the past or worrying about the future.

When you focus on the present moment, you're more likely to be mindful and grateful for the things that you have. You're also more likely to be productive and creative.

## **5. Set Goals for the Future**

Once you've let go of the past and started living in the present moment, you can start setting goals for the future. This will give you something to strive for and help you to stay motivated.

When you set goals, make sure that they're SMART (specific, measurable, achievable, relevant, and time-bound). This will help you to stay on track and make progress.

## **6. Take Action**

Once you've set goals, it's time to take action. This means taking small steps every day to achieve your goals. Don't try to do everything at once, as this will only lead to burnout.

Instead, focus on taking one step at a time and celebrate your progress along the way. As you take action, you'll start to build momentum and achieve your goals.

## **7. Be Patient**

Getting past your past takes time and effort. Don't expect to change overnight. Be patient with yourself and keep moving forward one step at a time.

There will be times when you stumble and fall, but don't give up. Just pick yourself up and keep going. Eventually, you will reach your goals and soar to limitless heights.

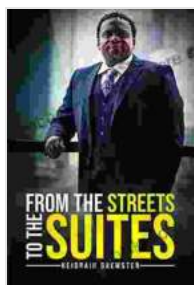
If you're struggling to move on from your past, know that you're not alone. Millions of people have gone through the same thing and have come out

stronger on the other side.

By following the steps outlined in this article, you can let go of the past and start soaring to limitless heights. The future is bright, so go out there and chase your dreams.

Remember, you are stronger than you think. You can overcome any obstacle and achieve anything you set your mind to.

So go out there and soar to limitless heights!



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