

LIMITING BELIEF #4:

My Past Will Always Negatively Influence My Future

In the last lesson, you discovered how your failures don't keep you from succeeding now. In fact, failures bring you closer to success! This lesson is tied closely to the same concept – that what happened in your past doesn't predict your future.

If you think that your past does predict your future, this limiting belief is particularly pernicious. It's the assumption that past events will influence future events in a negative way. That your past actions hold too much sway over your future actions.

Maybe you've made mistakes in the past and you're convinced that they're going to keep you from achieving the success you desire. Maybe you've tried things in the past that simply haven't worked. Maybe you don't have a good track record in a particular area.

Your limiting belief is that your past holds sway over your future.

You believe that your past actions restrict your future options, or that your past efforts will hamper your future efforts.

And so, you don't feel like you can try anything new. You feel like your past is holding you back. Keeping you from your true potential. Standing in the way of your success.

REWRITING THE LIMITING BELIEF

Let's rewrite the limiting belief into a set of empowering beliefs.

LIMITING BELIEF:

- "My past will always keep me from creating a bright future."

EMPOWERING BELIEFS:

- “My past can’t determine what I achieve in the future.”
- “My past is one of my greatest assets.”
- “Lessons from the past make me wiser.”
- “I can avoid mistakes in the future by looking to the past.”
- “I can learn from my past and adapt and change.”

In order to rewrite this limiting belief, it’s crucial to understand that your past actions have no bearing on your future. This is not to say that the past doesn’t matter. **But your past cannot determine what you do or don’t achieve in the future.**

Failure in the past doesn’t automatically mean failure in the future. Struggle in the past doesn’t automatically mean struggle in the future.

In fact, your past is one of your greatest assets. As you learn lessons from the past, it makes you that much wiser. You have more knowledge, skills, and experience. You can avoid the mistakes of the past and succeed that much faster in the future.

In some ways, it is true that the past influences the future, but it can always influence the future in good ways! Your past allows you to adapt, change, and become more effective at what you do.

ACTION STEPS

- Identify any areas of your past that you feel will negatively influence your future.
- Ask yourself, “How will these elements of my past actually *help* me as I move forward into the future?”
- Write down every advantage that your past gives you.

AFFIRMATION

I affirm that my past fails to determine my future. In fact, it gives me great advantages. I alone determine my future.

I adapt, change, and evolve in positive ways because of my past. I am becoming a wiser person because of my past and I know that the future holds many good things for me.

I can achieve great things because I am wiser and more skilled than in the past. My past has taught me valuable lessons. I am grateful for these lessons and ready to move on toward the bright future that awaits me.

LOOKING FORWARD

In the next lesson, you'll be happy to learn that you have everything you need to achieve your biggest dreams and goals!