

PRESERVING YOUR SOUL: MAKING PEACE WITH THE PAST

“R.I.P the past”

One of the hardest things to do is to put the past behind you. The bad memories that reserve a space in your mind. Painful experiences that seem to haunt your presence. Thoughts that seem impossible to leave your mind. Feelings that just don't seem to go away. Bottled up anger towards loved ones or exes. People that have done them wrong. As you live with regret and disappointment. Too scared to make a move on. So you settle and progression stops. Your identity becomes stagnant. YOU stop happening. So you begin to fear change. The chance at happiness. Because you are afraid to lose. Scared to feel pain.

But little do you know. Nothing can be worse than losing your identity to the past. There isn't anything more pitiful than a negative woman. Living in the past without a vision. Lost in her own world, unable to move on into the future.

Every woman deserves to be happy and how you deal with your past plays a role in how happy you will be. As a woman you must R.I.P the past and move on to become the woman you desire to be. To begin with start living in the present. What's done is done. Take life one day at a time. Putting all your time and energy into the future. Keeping yourself busy. Your mind occupied with more positive actions and thoughts. Any way to better yourself. Avoiding people, places and things that will trigger you to dig up the past.

Over time you can make peace with the past. But you have to be committed to moving on. Having a vision and never letting your circumstances define you. Because making peace with the past won't be easy. But there are ways to do it. You must be ready for change. Committed to achieving self love, happiness and success. As a woman first, mother second.

An excerpt from the self help book *Woman First Mother Second* by Nicole A. Walker. (June 2015)

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