HOW TO BREAK FREE FROM YOUR PAST

Four Steps To Begin Your Journey To
Career Transformation



SurpassYourDreams.com

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HOW YOU BREAK FREE FROM YOUR PAST IS YOU MAKE PEACE WITH IT.

Your career is filled with experiences that shape who you are and how you navigate the professional world. Sometimes, past decisions or events in your career can leave you feeling stuck, regretful, or self-critical. Making peace with your past is how you move past it. Peace gives you clarity. Clarity gives you perspective. When you have perspective, you'll know exactly what to do next.

This PDF includes both a checklist and worksheet.

The goal of both is to get you started on your journey towards career transformation. By engaging with both, you will have the opportunity to heal your past as well as build a foundation towards a more empowered future.

Making peace with your past has 4 main pieces:

1. Acceptance: Recognizing and acknowledging past events or decisions without judgment.

2. Self-Love: Valuing and appreciating yourself, including your strengths and achievements.

3. Self-Compassion: Showing kindness and understanding to yourself during times of difficulty or failure.

4. Self-Forgiveness: Letting go of guilt and resentment towards yourself for past mistakes.

By fully embracing these pieces, you can understand how past events and decisions may still be affecting you and holding you back. You will be able to see the impact that these experiences have had on your current mindset and behavior. You will be able to free yourself from their constraints. This allows you to approach your career with a renewed sense of direction and purpose.

MAKE PEACE WITH YOUR PAST CHECKLIST

Checklist Instructions: The checklist is divided into four sections: Acceptance, Self-Love, Self-Compassion, and Self-Forgiveness.

Start with the first section, Acceptance. Complete each task listed. If a task does not resonate with you, skip it, or add your own.

Take time to reflect and engage with a task you choose to work on fully. The more you engage, the more you will benefit from the process. Approach each task with honesty and reflection. After completing the tasks in each section, review what you have accomplished. Reflect on patterns or insights that have emerged. Then, move onto the worksheet.

Acceptance:

- ☐ Identify and acknowledge past career events or decisions that you find troubling.
- ☐ Reflect on these events without judgment, understanding that they are part of your journey.
- ☐ Write down why these experiences may have left you a better person.
- ☐ Practice mindfulness to stay present and reduce negative thoughts about what happened.

Self-Love:

- ☐ List your strengths, achievements, and skills gained from past experiences.
- ☐ Create a daily affirmation routine to reinforce positive self-beliefs.
- ☐ Engage in activities that you enjoy and that make you feel good about yourself.
- ☐ Surround yourself with supportive and positive people who uplift you.

Self-Compassion:

- ☐ Write a letter to yourself expressing understanding and kindness about your past decisions.
- ☐ Practice self-compassion exercises, such as loving-kindness meditation.
- ☐ Avoid self-criticism by reframing negative thoughts into more compassionate ones.
- ☐ Take care of your physical and mental well-being through regular self-care practices.

Self-Forgiveness:

- ☐ Identify and acknowledge any feelings of guilt or regret related to your career.
- ☐ Write down the reasons you believe you deserve forgiveness.
- ☐ Engage in a forgiveness ritual, such as writing a letter of forgiveness to yourself.
- ☐ Set renewed goals that focus on the present and future; let go of past mistakes.

MAKE PEACE WITH YOUR PAST WORKSHEET

Worksheet Instructions: Have a pen, pencil, and paper ready to go. Or, open a digital document if you prefer. You will need additional space to complete this worksheet.

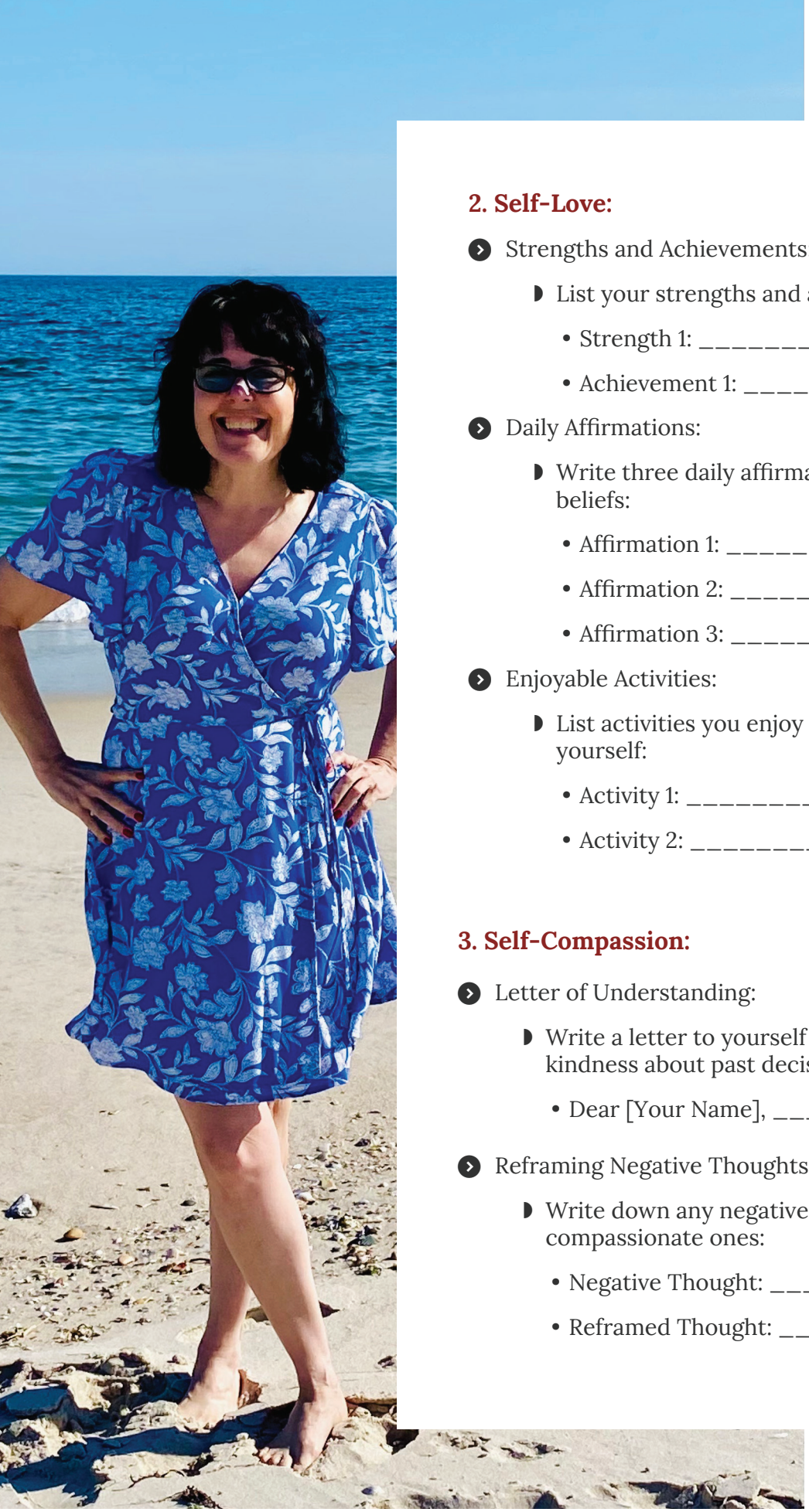
Approach each section with honesty and openness. The more truthful you are, the more you will benefit. Take your time to think about each item. There is no rush. If an item does not resonate with you, skip it, or add your own. There is no right or wrong way to work on this worksheet—do what feels true for you.

After completing the worksheet, review your answers. Reflect on insights or patterns that have emerged. Use these insights to guide future actions. Set new goals, practice daily affirmations, and continue to nurture self-love, self-compassion, and self-forgiveness. This is how your career will transform.

1. Acceptance:

- Identify Troubling Events:
  - List any career events or decisions that you find troubling:
    - Event/Decision 1: _____
    - Event/Decision 2: _____
    - Event/Decision 3: _____
- Reflection:
  - Write down your thoughts and feelings about these events without judgment:
    - Event/Decision 1: _____
    - Event/Decision 2: _____
    - Event/Decision 3: _____
- Lessons Learned:
  - Note any lessons or insights gained from these experiences:
    - Lesson 1: _____
    - Lesson 2: _____
    - Lesson 3: _____





2. Self-Love:

- Strengths and Achievements:
  - List your strengths and achievements:
    - Strength 1: _____
    - Achievement 1: _____
- Daily Affirmations:
  - Write three daily affirmations to reinforce positive self-beliefs:
    - Affirmation 1: _____
    - Affirmation 2: _____
    - Affirmation 3: _____
- Enjoyable Activities:
  - List activities you enjoy that make you feel good about yourself:
    - Activity 1: _____
    - Activity 2: _____

3. Self-Compassion:

- Letter of Understanding:
  - Write a letter to yourself expressing understanding and kindness about past decisions:
    - Dear [Your Name], _____
- Reframing Negative Thoughts:
  - Write down any negative thoughts and reframe them into compassionate ones:
    - Negative Thought: _____
    - Reframed Thought: _____



4. Self-Forgiveness:

- Feelings of Guilt or Regret:
  - Identify any feelings of guilt or regret:
    - Feeling 1: _____
    - Feeling 2: _____
- Reasons for Forgiveness:
  - Write down reasons you believe you deserve forgiveness:
    - Reason 1: _____
    - Reason 2: _____
- Forgiveness Ritual:
  - Write a letter of forgiveness to yourself:
    - Dear [Your Name], _____
- Future Goals:
  - Set new goals and focus on the present and future:
    - Goal 1: _____
    - Goal 2: _____

Congratulations! You have taken intentional steps toward acknowledging and understanding your past, embracing your strengths, showing kindness to yourself, and releasing lingering guilt or regret. It's a big deal what you have done. You are now empowered to move forward with a renewed sense of confidence to create a more fulfilling and purposeful career.

IF YOU WOULD LIKE TO CONTINUE YOUR JOURNEY...

I have an online career community that can help you dig deeper as you break free from your past and redefine your professional future. It is a safe, warm, compassionate, and non-judgmental space for you to unleash your gifts, discover your purpose, awaken your spiritual potential, and leave your past behind you.

Your past only has power over you if keep it a secret. And, if you go through the process of releasing it by yourself. Join my community so you can move past your past with like-mined people just like you. Make connections; make friends. Find YOU and be YOU. You have found your people.

"IT'S TIME TO RISE!" CAREER RESET COMMUNITY LINK:

https://www.surpassyourdreams.com/it-is-time-to-rise.html

