

shift.

focus.

evolve.



Control your future with **STRATEGIES**



If you have ever visited our office, you noticed the bull's head hung in our conference room. Underneath is a plaque stating Nobull's rules. At Strategies, we find ourselves repeating rule number 2 the most - "Give up hope for a better past."

It is human nature to look backwards and review our past. In doing so, we find ourselves saying sentences that start with, "I wish he would have...," "If only she had...," "Why did he have to say...," and "I should have..." When life does not go as we wanted, or hoped, it is hard to let go of wanting a different outcome.

Unfortunately, life does not come with a redo or undo function. Holding onto old grievances and wishes imprisons us in the past and prevents us from moving forward.

Furthermore, holding onto the past recreates it in the present moment. Even when someone makes the effort to apologize or communicate differently, we don't notice because we are acting, thinking, and responding based on the past.

What are some ways to give up hope for a better past? Stay current - avoid arguing history and remain focused on the present issue. Stay on purpose - don't get sidetracked by interpersonal styles and irrelevant issues. Staying current and on purpose are often easier said than done but worth the effort to practice.