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TRANZ TALKS

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TO ALL PIMPYOURMIND.COM SUBSCRIBERS

DON'T DRAG YOUR PAST MISTAKES AROUND WITH YOU

Don't let the past prevent you from enjoying the present. you think yesterday's happenings are still a big deal. try to sell yesterday's newspaper.

You won't get a nickel because nobody's buying yesterday. Still, some people keep paying for the bad news of their past with guilts and regrets they refuse to forget.

If you're one of them. decide today to turn the page and get on with your life. Accept the fact that whatever you did was the best you could do at the time.

The only reason you know the difference between a previous poor action and a preferred action you'd use now is because you're more mature today.

You've learned from your errors and have no desire to repeat them. Have confidence in yourself. and don't let mistakes dampen your enthusiasm for your own self-worth. If you accept less than terrific results as learning experiences, they'll help you grow to become better at whatever you do.

Don't try to hide behind the excuse. "That's just the way I am".

Always remember that you're just the way you Choose to be, and you have it within your power to change anything you dislike about yourself.

If you had a wart on your nose, would you consider it to be "your wart"?

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No!

The thing just grew there! You didn't ask for it!

You wouldn't hesitate to have it cut off. If you've got a wart in your personality, don't take the blame for it.

Instead, take the responsibility for getting rid of it, and take pride in yourself for recognizing a defect and wanting to eliminate it.

Even a seed has to fight its way through the dirt in order to bloom, and it'll never happen unless it's allowed to see the sunshine of the future.

The blossoming of your life must follow the same route. You must leave the dirt that's been holding you down behind you.

You've already paid for your mistakes. so let them be an investment in your future. You don't have enough energy to drag 20 years behind you so let them go. Forget them.

MY TRANZ TALKS, PUT POSITIVE EMOTIONAL POWER IN YOUR LIFE:

For the next 30 days, practice these 3 steps, and don't forget to have fun!

1. Practice self-love: Splurge on something strictly for yourself.
2. Practice forgiveness: Phone and be friendly to someone for whom you've harbored bad feelings.
3. Practice introspection: Reminisce about a happy experience from the past

I'M JUSTIN TRANZ, DARE2FAIL

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