

Let go of the "old" you forever:

**1. Forgive Yourself:**

- a. You've survived 100% of your worst days.
- b. Now STOP beating yourself up that you could have done more or less.

**2. Don't Seek External Validation:**

- a. Focus on the new person you're becoming.
- b. Block the noise of those who are unwilling to see YOU.

**3. Accept & Move Forward:**

- a. It will never change!
- b. You might run that moment over & over in your head, but you're still going to see the same ending.

**4. Focus On The 4 Pillars:**

- a. Everything else can wait its turn.
  - i. Your health
  - ii. Your family
  - iii. Your peace
  - iv. Your freedom

**5. Distance Is Golden:**

- a. Certain places, things & people, you just need to get away from.
- b. That toxicity is clouding your growth.
- c. Remove yourself quietly.

**6. ZoOm Out To See It All:**

- a. See the bigger picture in HD.
- b. Instead of seeing it as something terrible, see it as your opportunity to learn and become a better version of yourself.

**7. Mistakes Teach Us More:**

- a. Always remind yourself you don't know enough.
- b. Never stop being addicted to learning.
- c. HUSTLE

**8. Push Yourself Further:**

- a. You can either let your past discourage you, or you can let it motivate you to do better.
- b. Use it to fuel your determination to do better than you've ever done before.

**9. Release Emotions Naturally:**

- a. As painful as some feelings can be, they need to be emptied from the soul to heal. Channel that energy:
  - i. Lift heavy
  - ii. Daily walks
  - iii. Journal your thoughts