



Getting Clear Of Your Past

SECTION 4

“The number one success factor in owning your own business is to have a strong personal foundation.”

Steve Scott—Business Coach and Author

The Building Blocks For A Successful Business Foundation

To this point you have been addressing the components that are necessary to build a good business foundation. And, as a business owner it is critical to understand several things in putting your business foundation together.

First, you must be able to see failure as it is developing. You must be able to identify what is causing it and lastly, do something about it. Failure is not one single event, but the accumulation of many events or small errors in judgment repeated over and over.

Secondly, to breakthrough to success you must develop new disciplines. A new discipline involves a new way of thinking and new actions that will help your business. In developing new disciplines you must understand what you are motivated to do in business and what you are motivated to avoid. Systems must be created in all areas to make sure that your business foundation is sound and will serve to support the business you desire.

The third aspect to building a solid business foundation is to create and read your directions. The directions for your success are the goals you create. Without goals your business is most likely to wander and to fail. You must not only create your directions but read them and memorize them. Then there is the most important part. You must execute them.

The Link Between A Successful Business Foundation And Your Personal Foundation

To this point, the things you have learned have been in the context of building and improving your business foundation. Obviously, when you own your own business the business foundation is linked to your personal foundation.

If you have failure in your business life it can cause failure in your personal life. And, if you have failure in your personal life it can certainly bring about the demise of your business. Regardless of what some people may say, there is an incredibly strong link between personal success and the success of your business.

It only makes sense that your business is a reflection on who you are and what you believe. Now that you have taken a look at some key elements to building a good, strong business foundation it is time to look at what you must do to build an equally good and strong personal foundation.

The First Step To Building A Strong Personal Foundation For Success: Moving Beyond Your Past

Moving beyond your past is absolutely critical to your success in the present and the future. Think about it. If you don't get clear of your past then it will have a way of intruding, hampering or derailing you. As you have heard many times, the past is the past. You cannot change it. That is true. The only things you can influence are what you do in the present. That, in turn determines your future.

How do you get clear of your past?

A good place to start would be to define what getting clear of your past means? Getting clear of your past is about addressing and more importantly, doing something about previously unresolved matters such as bad habits or coping skills, an incomplete project, or even unkind remarks that linger as a form of truth for you today.

- Let's start with the first mistake most people make. Too often people start the day by taking the past and putting it in the front seat with them as they drive through their day. It is important to keep the past in the trunk. The first step to getting clear of your past and moving beyond it is to put the past behind you. Only when put it behind you, will you have the energy and focus to start creating the present and future you want.
- If you don't move beyond your past then you cannot truly move forward. Take a look at both feet. The only way you can step forward and continue to step forward is if you are willing and able to move both feet. Yet, too many of us keep one foot stationary. That anchored foot is like your past. If you don't move it, you will always stay there. You will be controlled by it. When you try to step forward, you will see a little forward movement. But in truth, you aren't going anywhere.

How To Go About Moving Beyond Your Past

You can start by asking yourself the following questions:

- What people, situations or circumstances are causing me to have unresolved matters?
- Why do you let yourself have unresolved matters?

Possibly a couple of other questions may be:

- Where do you stop in resolving things?
- Why do you stop there?

Then ask yourself:

- What would my life be like if I have moved beyond the unresolved matters of my past?
- If you did, what would motivate your actions and your life?
- How much of your life is based on what you have not moved beyond?

Yes, there are a lot of questions but they all must be asked. And, there are many more that could be asked.

- What is the primary source of your unresolved matters?
- What needs to happen to handle the source?

Now it is time to get a notebook or to create a folder on your computer and start answering these questions and deciding what you are going to do about the past. It is time to determine what is holding you back.

Be Complete

When you embark on getting clear of your past it is not just about accomplishing things. It is committing to being as sure as possible that what you decide to do is done **thoroughly**. Done thoroughly, to where nothing about what you are clearing up will reoccur for several years. After all you don't want to be spending time and energy coming back to something over and over again.

The Keys To Completeness and Being Thorough:

- Be meticulous as if you were cleaning something thoroughly. If you were cleaning your sink you wouldn't just clean part of it.
- High Standards - As you are getting clear of your past or cleaning up, use the best tools and cleaners available. An inferior approach will lead to flawed results. Demand excellence of yourself.
- Think Long-Term - clean up your sink to where there is no residue that will immediately attract more dirt and cause you to go back and clean again. Getting clear of your past is about permanence. Permanence is about not only solving the problem now, but having a solution that prevents it from reappearing in the future.

The Outcome From Moving Beyond Your Past

- You will handle unresolved matters
- You will understand that it is normal to have unresolved matters and incomplete projects
- You can clear up everything
- Getting clear relies 100% on you
- Getting clear is a skill
- With fewer unresolved matters, you will have more time, space and energy to create a powerful present and outstanding future.

The Benefits

The major benefit will be the emotional freedom you will create to improve the quality of your life. This, in turn, will lead to some other benefits:

- Greater confidence - When you pay extra attention to taking care of one area it will give you more confidence in other areas
- More Time - Initially you will spend more time, but over the long-term you will save time for growing in other areas of your life.
- Fewer Problems - You will stay more on track and spend less time trying to fix things. This will give you more energy.
- More Opportunities - When you take good care of what you already have, you are more likely to attract more opportunities.

Getting Started

One of the best ways to get started on clearing your past to create the present and future you want is to **start with the small things**. Once you master the small things you will start to build momentum to work up to the bigger ones.

If you haven't mastered taking care of the smaller things in your past then you don't stand much of a chance resolving the bigger ones.

Start to get clear of your past by looking at your thinking.

- If you change your thinking you will change your habits.
- If you change your habits you will change your activity.
- If you change your activity you will change your results.
- If you change your results you will change your life.

To start to change your thinking you must start looking at your habits. Look at what you already do. Are they working for you? Are they taking you where you want to go? Give this some thought.

Next, make a list of 20 daily habits you want to have. This can include ones that you already do and are benefiting you. Now pare this down to 10 habits. You can use the chart at the end of this chapter to start tracking your progress.

Remember, you must measure your progress otherwise you will lose momentum, get distracted and ultimately fail to get clear of your past.

Benefits Of New Daily Habits

- You have a healthier routine
- You have more focus
- You have more energy
- You are more likely to maintain balance
- You feel good

The following chart will help you get on the road to getting clear of your past and to developing the new daily habit that will bring you the business and personal success you desire.

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