BAGGAGE DROPPER

"What would it mean to lose your baggage?"

While we're on topic with self-kindness and forgiveness is a similar approach to rid ourselves of any remaining lingering negativity. Dropping our past baggage is all about enhancing our ability to be in the moment and enrich our lives by making positivity more accessible.

Baggage comes in many shapes, sizes and weightiness. Maybe you still blame your parents or others for something during your formative years. Maybe you're still grieving for someone. Grief for a loved one can be the most difficult of all. It's important to recognize that they would not want you to be in pain and, instead, find ways to honor and celebrate them. Consider looking at old photos and videos of treasured memories and then treasure them. Be grateful for how they've positively impacted your life. That's how they live on. There may not be many shortcuts but it's at least worth knowing where certain roads end.

That brings us to any regrets, guilt, shame, traumas, failures, mistakes, emotional scars and fears to name a few. Whatever you can pinpoint, it's your collective baggage. Fears are a lot like worry. If they have nothing to do with anything happening in the present moment, then they're unwarranted. Earned Confidence is that neutralizer.

The other residual negative energy often come down to forgiveness. It can be easier to forgive other people. We don't know their lives or the things they were going through when they wronged us. We can afford them some benefit of any doubt. We don't let ourselves off the hook so easily. Many of us are flat-out too hard on ourselves. The negative self-talk can be deafening and crippling. You can't change the things you have done in the past, but you can control your future. Look at it as a learning experience and believe in your ability to change.

This is another subject that's important to acknowledge how this in no way reflects any lack of compassion or intention to diminish certain emotional scars or open wounds. We're not light switches. There may be more healing to do, which is another example of there being no other way but through. Hopefully you now have a fresh supply of Earned Confidence, self-kindness and forgiveness to get you there.

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ACTIVITY: 1 – BAGGAGE INVENTORY (TIME: 10-15 MINUTES)

You know the drill. Grab a piece a paper, spiral notebook, your journal or electronic device. Make the list. For WHAT are you not forgiving yourself? Acknowledge the regrets, trauma scars and fears. Confront any guilt, shame and failures. Is there anything else you hate about yourself? If so, what specific things does your inner voice say?

What else is draining your life force? Keep going until it's out in the open. Again, some of this may have come up in the Personal Relationship Assessor. Then, again without feeling the need to write an essay, make note of why you're holding on to any of this baggage.

ACTIVITY: 2 – FREE YOURSELF (TIME: 15-30 MINUTES)

Letting go of things that have happened to us lifts that weight off our shoulders. We don't have to carry that around with us anymore.

As with forgiving others, it's not enough to just write down. You have to get at the source. Now is the time to flat-out choose to let go. Remind yourself that this is about your own well-being so you can live life to the fullest.

For its very purpose, it's understandable if you find this too difficult to do alone. This may be one of those times you need to turn to others for support: be that a family member, friend or professional.

Keep going through this list until it's fully released. Why be anything less than kind to yourself? Decide that you deserve it.

ACTIVITY: 3 – MOVING FORWARD (TIME: 15-30 MINUTES)

As you work through and free yourself of your baggage, it's essential to carry that healthy mindset forward. Nobody's perfect. Practice being less hard on yourself when you make mistakes. It's often not possible to stop initial self-critical thoughts from popping up. Try imagining saying the same words to someone you love. This will strengthen your self-compassion so you can respond better with understanding and empathy.

Remember, there are no failures. Failures often happen as a result of trying. Keep trying. Failing doesn't make you a failure. if you have learned and grown from your mistakes. There are only lessons learned.

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