

Motivational Moments: Clean out your life closet

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Last week I decided to clean out my closets.

I decided to give away all of my old clothes and all of my old shoes that I haven't worn in years. I decided that it was time be "out-with-the-old, and-in-with-the new." I had clothes that I hadn't worn in more than 15 years in there. I had to stop and ask myself why I was holding on to all of these old things. I meditated on this, and I came to the conclusion that I was holding on to a lot of old stuff because I wanted to hold on to the past.

Holding on to the past is something that we all do from time to time. I know I have been guilty of this myself. I have found myself thinking about things I did years ago and people who were a part of my life. I think about what a loving childhood I had and what a supportive and giving mother I had.

However, those aren't the memories I need to let go of.

The memories that I had to learn to move on from and leave in the past are some of the disappointments and let downs I had to deal with. I need to let go of past mistakes and some of the terrible choices I made as a young adult.

Until you move on and let those bad memories go, you will never have the life you so desire. Holding on to bad memories keep you in that time.

Let's face it, we all have had some things in our past that we are not proud of. But the key is to understand that it is a part of a time and place that you no longer live in anymore. Dwelling on old mistakes only takes you back to that time and place. And believe me, that is not how you move forward and live in today. You will not be able to move into your greatness until you decide that it is time to clean out your closet and throw out all of the old stuff that is only taking up space.

Make room for all of the new and beautiful memories that you are making and going to make in your life today. Get excited about your life and appreciate all of the lessons learned.

And as always remember, stay focused, stay determined and keep striving for *greatness*.

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