

I affirm that my past fails to determine my future. In fact, it gives me great advantages. I alone determine my future.

I adapt, change, and evolve in positive ways because of my past. I am becoming a wiser person because of my past and I know that the future holds many good things for me.

I can achieve great things because I am wiser and more skilled than in the past. My past has taught me valuable lessons. I am grateful for these lessons and ready to move on toward the bright future that awaits me.