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Where You Come From, Where You're Going

Hello Rebecca,

With Mother's Day coming up this weekend, thoughts of the past, whether good or bad, are pretty much inevitable.

Mother's Day, then, is an opportunity to think about the past, reflecting on all the things that have gone into making you the person you are today. Hopefully, there is much of it that you are proud of, reflecting the difficulties you faced and overcame. Others, however, you did not choose, for which acceptance is the only appropriate response. Only by reconciling with these aspects of yourself can you move on from them.

So, whatever you get up to this weekend, take a few minutes to think about your past, both the ups and the downs. Only by accepting where you come from can you face the realities that will inevitably help determine where it is you're going in the future.

Enjoy the articles, don't hesitate to reach out with comments or questions.



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