

## Richard Gee

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**From:** justinherald.com [justinherald@mailbank.com.au]  
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**To:** Richard  
**Subject:** Motivate Me - Justin Herald

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### Motivate Me!

Welcome to another week. I know that you will enjoy this week's edition of Motivate Me! and I thank you all for your positive feedback.

I am happy to announce my new book is about to hit the shelves and you can get your copy before anyone else by preordering.

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Have a great week  
**Justin**



### Your future is not in your past.

Recently I was talking to someone in an airport lounge as I waited for my plane to board. After talking about a lot of nothing the conversation got a bit deeper. This man went into detail about all of the dramas that he had experienced in his past with his relationships, finances and even family matters.

Now I have to say I really wasn't expecting the conversation to go down that path but it really seemed that he wanted to get some stuff off his chest.

After about 40 minutes of him downloading his past issues, failures and problems (his words) I asked him one question. I asked him "What are you going to do with your future?"

This question seemed to have him stumped. He took ages to answer me. He then proceeded to tell me that his future was doomed no matter what he did because his past results had proven to him that life would never be kind to him. With that my plane was boarding and we departed.

On the plane home that day all I could think of was that conversation. I was particularly saddened by this mans outlook on his future. You see he could not see that he had a future worth looking forward to all because his was taking his past results and propelling them into his future results.

Your past has past and is buried so there is no need for you to dig it up all the time to remember what happened there. Sure, some of the things that happened to us in our past will have a definite impact on us all but reliving them all the time will only cause you to slow down or even stop on your life's journey.

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It is a new day so why live an old life?

Too many people try to hang onto their past, intentionally or by default, all because it gives them an excuse as to why things hadn't worked out up until that point.

If you have past issues that have happened in your life then it is about time to put them to rest. It is as easy as deciding that you are not going back there.

Just imagine you are going on an overseas trip. You arrive at the check in counter and it is time to put your baggage on the weighing machine. Now with all airlines, they have a set weight that they allocate to each passenger for their bags. If your bags are overweight then there are two things that can happen.

Firstly they will ask you to take some of the stuff out of your bags to make them lighter and compliant with the weight regulations.

If that doesn't work or if you are not prepared to lighten the load, you will be hit with an excess baggage charge.

This is the same with your personal life.

We all need to get rid of some of the excess baggage in our lives. If we don't there will be a cost involved. That cost could be added attitudes (or negative ones) that aren't needed, issues with our mindset and thinking, aspirations or even a slowing of your progress.

So leave your past where it is and move into your future a whole lot lighter and ready to take on your world.

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