



How to Wisely Master Your Present, Past & Future

How to Wisely Master Your Present, Past & Future - Part I

Whatever you're telling yourself about your power to make choices in your life, stop now... suspend your beliefs, suspend your 'shoulds' and your 'musts' and your 'have tos'.... and consider these possibilities...

How is it possible to Master Your Present, Past and Future, all at the same time?

Just imagine for a moment that you're in your car and you're driving. **This is your Present and you're in control, you're in the driver's seat and you're taking all of the decisions.** As you drive, you reach an intersection, you can choose route A, route B or route C. You can, of course, also turn back, it's up to you.

While you're at the intersection, contemplating which route to take, you might remember that one of the routes leads to a place that brings up unhappy memories from an event that happened years ago; you might be tempted to avoid that route. **This route represents your Past.** You might rightfully wonder how is it possible to wisely master your Past. Just for the purpose of this exercise, bring to memory one of those events which give you a mild negative emotion. Let me ask you... do you have a problem with what happened in the past, with that event from the Past, **or is it possible that you have a problem with the way you feel about that specific event in the Past?**

This is the magic moment where you feel empowered because you realise it's not the Past, it's what you feel about the Past, and what you tell yourself about the Past in the Present, what really is the problem. Would having positive feelings or no feelings at all instead of negative emotions over that event change the way you perceive the Past now? Of course it would! **And while you cannot change the event in the Past, you can change your negative feelings and the things you tell yourself about that event.**

Now come back to the intersection... depending on your destination, you pick the road you want to take, signal, make sure the road is clear and you pull off into the direction you want to go. Reaching your destination is an event in the future, whether it's your place of work you're going to reach in the next 10 minutes or a holiday cottage which is 3 hours away, the **event of getting there is in the future, and it's part of your Future.** While you're still at the intersection, or even before that, choosing that destination and getting there are a decision and a series of actions you take in the Present; and you can choose to get there, or not – **you could have always chosen another route.**

Now take this metaphor and apply it to any context in your life

Job & Career – What choices are you making now? What negative feelings from the Past, what 'shoulds' and 'musts' are influencing your Present choices (ie. feel stuck or not good enough to ask for more money / apply for a better position in another company)? Do you have compelling career goals you're working towards?

Business – What choices / changes / or no changes at all are you making in your business? What negative feelings from the Past, what 'shoulds' according to the 'should police' are influencing your Present choices for the future (ie.



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feel uncomfortable about charging more for the value you're providing because you were 'taught' as a child that money is dirty and people with money aren't honest)? Do you have compelling, specific, measurable business goals you're working towards?

Health & Fitness – What choices are you making now? What negative feelings from the Past are influencing your choices in the Present (ie. avoiding running in the park because feels bad to be less fit compared to other people running in the same park)? Have you set compelling goals around health and fitness and are you working towards achieving them?

The choices we make in the present and the goals we set for the future are influenced by our Past. Of course they are, they are influenced by the background we come from, the education we received, the way we perceive the world, the previous choices we made, by our values and beliefs, by the skills and abilities we acquired. **Deleting the negative emotions attached to some of these Past events and viewing them in a positive, resourceful light empowers us** to set compelling goals for the future and make better decisions now, in the Present, and to take massive action to achieve our goals.

What's next?

Once you **realise the power you have in the Present, to wisely Master your Present, Past and Future**, you can no longer word the excuses you previously told yourself without being aware of them, without realising that **it's your responsibility to have this attitude of empowerment and being in control of your life.**



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How to Wisely Master Your Past – Part II

Our Present and Future are shaped by our Past – the education we received, the values and beliefs we acquired, the environment we grew up in, the experiences we had, our memories and the emotions associated with them; they all influence the way we act and react in the Present, and the results we will have in the Future. This doesn't mean that we can't change, no, what it means is that even the changes we make, small or radical, they are still influenced by something we did or didn't do, something someone else did or didn't do, something that happened to us in the Past.

There's a strong body of research that proves that **we are making decisions based on our emotions**, that no matter how many lists of pros and cons we draw and no matter how logical and rational some decision seem, we still make decisions based on how we feel, whether our decision supports or not the logical train of thought, the arguments for or against that decision.

As such, I'll draw your attention to various events from the Past, from your Past... last Christmas, a night out with friends, your first breakup, the day you passed your driving exam, your worst day at work, a random school day, the best day of your life, the day when everything went pear-shaped, etc.

As you bring these memories to mind, you'll notice they don't come back alone, they bring along emotions, positive and negative. It's fantastic to remember times when you felt happy, loved, confident, motivated, optimistic, on top of your game, powerful, encouraged, admired, independent, or rich.

On the other hand, it's not so comfortable or empowering when you bring to mind memories of events where you felt anger, sadness, fear, shame, guilt, loneliness, discouragement, frustration, grief, envy, doubt, or regret.

How does the Past influence the Present?

In my previous article I mentioned that it is not the memories themselves, or the events in the memories, that cause us problems today – the event is in the Past, it's happened and we can't change it. **It is the emotions that we have now about that event in the Past, what we are having a problem with.**

In other words, when we remember those events from the Past, we re-live the emotions, positive and negative. When the emotions are positive, we are filled with positive thoughts and feelings. When the emotions are negative, we slide down on a slope of disempowering and unresourceful states, we probably even have a narrative about those events, harsh words we beat ourselves with, which only intensify the negative emotions.

We can't change the Past but we can change the way we feel about the Past, and that's everything you need in order to Master your Past. There are events from the past which used to make you feel upset when you thought of them and now they don't. That's because you "sorted" them, you "got over it". There are other events from the Past which, when you think of them, still determine you to feel upset.

How to wisely master your Past?

There are two things that make the difference between those memories that used to upset you and now they aren't, and the memories that still upset you.



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At some point in your life, after an event caused you to feel upset, you learned something from and about that event, and those learnings were probably unconscious. **You probably learned**, for instance, that whatever happened, it wasn't your fault, you did everything you could have done in that circumstance, or you found other things to focus on and which are much more important to you now and make you way happier. You probably also learned how to better act in similar situations and how to get over that sort of events faster. Again, these learnings were most likely unconscious, meaning you were not aware of them consciously.

The second thing that happened, after you learned whatever you had to learn in order to protect yourself from heartache in a similar event, **you deleted the negative emotions** related to that event. That's why you remember events which used to upset you and now they don't. And it makes sense, because the negative emotions are there to protect you for the period between that particular event and the moment you learn whatever you needed to learn in order to let go of the negative emotions, and therefore to "get over it".

When you "got over it"

Just think about it logically... if you have your own business, you land a client and you start working together. After a while you realise you priced the client wrong, that actually there's more work to be done than you had initially expected and the project takes longer than you thought. This means you're working longer, for less money and you might need to turn other clients away, which in exchange can become quite a problem in your business. You end up feeling upset, angry, discouraged, panicked, desperate, etc. Even after you finish the project, you would probably feel upset and this might cause you to have some cash-flow problems for a while.

Along the way, you learn a series of things: to take your time and find out what specifically the client wants, to decide what's the best way for you to deliver on the project, to better evaluate your timescales, to better price for the work, etc.

After you learn all these things and you apply them with your following clients, after things go back to being good in your business, you get over it. From now, when you think about that incident, you remember what you've learned from the event, without being inundated by all the negative emotions. And if your emotions still come up, then there's more to learn from that event.

When you didn't "get over it"

There are other events in your past which, when you remember them, still cause you to feel negative emotions; this means you're not "over them" yet, and you haven't yet learned whatever you had to learn from them.

Just think about it... have you had a friend who was in a happy relationship and then, when that relationship ended, especially if it ended badly, they didn't want to date anyone else because they thought that everyone would hurt them? Someone can go on for a long time not dating anyone, not getting involved seriously or avoiding falling in love with a person, because they just haven't "gotten over" another relationship. They are bottling up these negative emotions and they are allowing for their Present and Future to be affected by something that happened in the Past.

Thinking of the two examples above, just ask yourself: if you were to be in similar situations, would you rather be "over" that event, or still feel the negative emotions from that event? In which of the two circumstances would you make better decisions?



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What if you let go of your negative emotions?

They say “time heals everything”. Even if we accept this as true, how long are you willing to wait for time... to heal everything?

Time Line Therapy is a model, a set of techniques that enables you to delete all the negative emotions from your Past, with an easy, fast and comfortable process, while becoming aware of the learnings that you need to acquire in order to delete your negative emotions. Time Line Therapy, together with Neuro-Linguistic Programming, are invaluable methodologies that enable you to Master your Past, Present and Future just the way you want them.



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How to Wisely Master Your Future – Part III

There are two kinds of people: those who make things happen, and those who have things happen to them. If you are to be mastering your Future, you are or must be in the first category.

When you have things happening to you – you are looking at yourself as a victim of circumstances, the blame for not achieving what you wanted to achieve will always be someone else's and you will never take responsibility for your results (and when I say results, I also refer to undesired results). While being in this 'victim' position might be somewhat comfortable, and you might wanna say to yourself 'I was right, I can't do this...', this attitude will never get you where you wanna go.

The people who make things happen for them take responsibility for their actions and results, whether desired or not; they sit in the driver's seat and make things happen the way they want them to happen. And if something doesn't work the way they envisioned, they adapt and find another way to achieve their goals.

I see this trend on some current articles, promoting the idea to stop chasing goals and living our lives more instead, kind of a flower power approach. While I can appreciate we all need breaks and relaxation, **having goals is what keeps us focused and emerged in whatever we need a break from!**

You can think of having goals in the same way as having a GPS. If you have a GPS and you set your destination, you know where you're going and how to get there. In the same way, if you have clear, specific, measurable goals, you know what you're aiming for and you can establish the steps you want to take to achieve your goal.

When you focus on achieving your goals, you decide where you're going, what you're doing with your life and how you're achieving whatever you've set to achieve. You are Mastering your Future.

Goals – Criteria & Methods

There are enough 'Top tips for achieving your goals' articles out there to keep you reading for months! I am deliberately choosing to refrain from turning this post into a 'top tips' piece.

The three things I am mentioning though are:

1. Good, old **SMART (or SMARTER) criteria is awesome**, simple and to the point. Most other methods have the SMART criteria at their core, guiding you to set, in one way or another, SMART goals. I wrote more about the SMART criteria here.
2. **Goals need to be written down.** If your goals are "in your head", you are not processing your goal fully with your conscious mind and most likely your goal is not SMART.
3. You want to **set goals in all areas of your life.** Goals in different areas of your life support each other – regular exercise enables you to be fitter and more focused; this also improves your performance at work.



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Reading, however, doesn't accomplish goals, so implementing, or taking action, is the key. Most people who read about 'top tips' articles, stick to the reading, which is just a way of procrastinating. Few people though, do take action as well, and they are the ones who would make whatever method work for them. How do they do it? They set their goals, they have the drive to achieve them and they take all the action required. Simple, right?

Fear of not achieving your goals

Everyone has goals they achieved and goals they didn't achieve. Here are a few reasons why people don't achieve their goals:

- **The goal wasn't specific enough** – Are you buying a plane ticket for Mallorca, Los Angeles or to destination 'holiday'? It's the same with goals – you need to know what specifically you're aiming to achieve, in order to achieve it.
- **It wasn't their goal** – Your mum might want you to become a doctor, and if you want to be a lawyer, the 'doctor goal' isn't yours: you won't have the drive to work for it and even if you do, you'll hate it!
- **Other things were more important** – If you keep on postponing working on your goal, if everything else is more important than your goal, then the goal isn't meaningful to you.
- **Other things got in the way** – When the goal doesn't have a positive impact at all levels, you encounter obstacles. If your goal is to double your profits by doubling the work you do, and that would mean you wouldn't have time to workout anymore, and therefore it would be detrimental to your health, then other people, circumstances and self-sabotage will stop you from achieving your goal.
- **Limiting beliefs** – "I can't" / "I'm not good enough" / "I don't deserve..." – I wrote about how to delete limiting beliefs and limiting decisions in How to Wisely Master your Past.

GOALS ON STEROIDS

1. To Master our Future, we want to set goals in all areas of our lives and consistently achieve our goals. Sometimes there are things holding us back from achieving them, like negative emotions, limiting beliefs and limiting decisions. In order to be able to consistently achieve our goals, a key factor is to **let go of anything that's holding us back**. With a set of techniques from Time Line Therapy™, you can delete your negative emotions and limiting beliefs and decisions from your past with a process that is easy, fast and comfortable.
2. Without anything holding you back, you will feel empowered to set daring and exciting goals for yourself. By following the **SMART criteria**, your goals become specific, measurable, achievable, realistic and time-bound; meaning you will have set your internal GPS for the destination you intended: achieving your goal. Now you can even take it a step further and, with Time Line Therapy™, you can **place your compelling goals into your future**.
3. Next, **take massive action!** You are empowered to create your Future, you have set your goals, this is the time when you take 100 responsibility to make your Future happen, just the way you imagined it!
4. And when you achieve your goals, remember to **always celebrate your wins!**



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Master your Future The Bit Noone Tells You

Do you know what the major difference is between the book *The Secret* and the movie *The Secret*? The book tells you that in order to achieve anything you want to achieve, you need to take massive action! Surprisingly perhaps, this is the bit that didn't make it on the screen, although it is the most common sense, obvious and important bit about achieving goals. If you're wondering why it didn't make it to the screen, I think it's because taking action is not as sexy as envisioning your goals and then have them manifest out of thin air. Or is it?

Similarly, many articles on personal and professional development stress on the importance of setting goals, perhaps even on the importance of taking action, but forget a crucial ingredient – how to **set goals that are meaningful to you** or how to **set goals that excite you and propel you forward** by answering the question why – **WHY ARE YOU SETTING THESE GOALS?**

Random goal setting? – Not anymore!

While knowing the WHAT you want to achieve and the HOW you get there, it's the WHY that provides the fuel to move you forward.

- You're studying to become a doctor because you always wanted to save lives.
- You've started your own company because you wanted to do work that matters to you, on your own terms and with people that have the same values as you do.
- You're hunting that promotion because you want to run the department and contribute even more to the growth of the company.

There's a why for every goal we set and every action we take.

THE BIG WHY, aka YOUR PURPOSE

There's a lot of why behind everything you do: go for a run this afternoon, put in an extra hour to make that report awesome, invest in another personal development course, show up for cousin Maggie's birthday even if you don't like her so much, set a financial goal for the next 6 months, etc

Yes, there are a lot of goals and a lot of whys. The secret to make all these goals work together and support you in everything you set to achieve, is by taking them all and place them under an umbrella called THE BIG WHY.

Let me explain what I mean... In *How to Wisely Master Your Future*, I mentioned the importance of setting goals in all areas of your life, and also stressing on the fact that different areas of life are meant to support each other. This for instance means that you being fit and healthy enables you to be more focused and energetic, which means you'll perform better in trainings, courses and at work, which also means you'll have better results in your business or your job, and being happy in your professional life will be reflected in your personal life as well.



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The best way to make all areas of your life work well together, to feel how they support each other and, in return, for you to easily achieve your goals, is to ensure all your goals are ecological and fit under that big why, which is YOUR LIFE PURPOSE.

Do I have a Life Purpose?

Have you met any of those people who seem to have always known what they wanted to do with their lives and then went on and done it? Yes, those people have always known what their Life Purpose is and they followed it!

Less blessed people didn't always know what they wanted to do but found out what their Life Purpose is and then went on and followed it!

Knowing your Life Purpose enables you to set goals in all areas of your life, goals which have a common denominator (aka your Life Purpose) and which work together to move you towards your Purpose. If you ever wondered how to set goals, why to set them, what areas of life to have goals in, the secret to setting congruent and compelling goals is to find your Purpose and ensure each and everyone of your goals moves you forward and closer to your Purpose.

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FREE Results Coaching Session

[Book a FREE Results Coaching Session](#) if I've raised your curiosity and you'd like to:

- **Overcome limiting decisions** and beliefs that are holding you back;
- **Delete negative emotions** like anger, sadness, fear and guilt;
- **Get rid of your anxiety** once and for all;
- **Find your life purpose and create synchronicity** between all areas of your life
- **Set compelling and achievable goals** and then achieve them!

Get in touch

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About Anca



If you hold a magnet close to a compass, chances are the compass will point you in the wrong direction. You can think of everything that's holding you back from being who you might have been – fears, anxiety, limiting beliefs & decisions, negative emotions, etc – as magnets that are stuck to you. A coach is someone who enables you to let go of everything that's holding you back and then empowers you to find your path and to achieve your goals and dreams. This is what I do!

“An incredible coaching experience! In our very first session where I explained to Anca what was blocking me in developing and launching my business, she led me progressively to discard my limiting beliefs and blocks. Interestingly, I felt totally changed internally as if I were a very different person. I am still impressed by Anca's efficiency and accuracy. I strongly recommend her!” - Yayi, Belgium

Anca is a Certified NLP Master Coach, Master Practitioner of NLP, Master Practitioner of Time Line Therapy and Master Hypnotist.