You are not your past. You are not your mistakes. You are not your failures. You are not who you were yesterday. You are not even who you were this morning. You are who you decide to become, who you COMMIT to become. You could be one decision away from a completely new life.

你的过去，无法定义你。你的错误，无法定义你。你的失败，无法定义你。现在的你，和昨天的你，完全不一样。甚至可以说，此时此刻的你，和今天早上的你，也完全不一样。你决定要成为什么样的人，你下决心要成为什么样的人，你就是什么样的人。只需要做出一个改变，你就能迎接新的生活。  
We are all capable of re-inventing ourselves. There's absolutely no reason why anyone should need to live in the dark times of their past when their future is bright and waiting for them.

我们都可以重塑自己。没有人必须在黑暗的过往中挣扎，光明的未来正在等待他们。  
Holding on to things that have gone wrong in the past is never going to serve your future. It's never going to make you feel good in the present. It will only increase your suffering.

纠结过去的错误，对你的未来没有好处，它不会让现在的你感到快乐，它只会徒增你的痛苦。  
So, you have to ask yourself. Is that event, that moment from my past, that moment that is OVER now, worthy of sucking all the joy out of my PRESENT and my FUTURE?

所以，你必须问问自己，那件事，那个已经过去的时刻，那个已经结束的时刻，值不值得让自己牺牲现在和未来的快乐？  
Am I really going to let that moment, that person or event win? Am I really going to let that take away all the joy of my future?

我要让那个时刻，那个人成为赢家吗？我真的要让那些事情夺走未来的快乐吗？  
Let it go. We all make mistakes. We all do. Those who move on have the greatest chance of joy, both now and in the future.

放下吧。人非圣贤，孰能无过，我们都会犯错。继续往前走的人，才最有可能获得现在和未来的快乐。  
Forgive yourself. Forgive everything and everyone and feel the weight drop from your shoulders as you walk toward your new life.

原谅自己，原谅所有事，原谅所有人，走向新生活吧，你会感受到肩上的负担消失了。  
Repeat to yourself every day. I am not my past. I am not my mistakes. I am not my failures. I am who I decide to become. I am who I COMMIT to become. I commit to become the best I can be. I forgive. I move on. I look forward to the new me.MY BEST IS YET TO COME.

每天都要对自己重复说这几句话。我的过去，无法定义我。我的错误，无法定义我。我的失败，无法定义我。我想成为什么样的人，我就是什么样的人。我下决心要成为什么样的人，我就是什么样的人。我选择原谅，我勇敢向前，我期待崭新的自己。最好的时光，就在前方。