



Coach Wooden once commented that for many years early in his coaching career he was frustrated with his inability to get promising prospects admitted to UCLA who wanted to attend and subsequently became competitors of UCLA. Coach said that holding on to this frustration “held him back for many years,” and that once he “let this go” he became a much better recruiter.

Below, make a list of five short term or long term disappointments that you have experienced in life which still bother you. Then indicate how long you have let each disappointment bother you, and separately how much longer you intend to continue allowing each disappointment to bother you. Complete the exercise before reading the final paragraph of this page.

A PAST DISSAPOINTMENT WHICH STILL BOTHERS ME TO THIS VERY DAY IS...	HOW LONG THIS HAS BOTHERED ME	HOW MUCH LONGER WILL I LET IT BOTHER ME?

This exercise helps us to understand that we are only in control of today - Will you make today a masterpiece, or will you live today in the past? How long we shall allow the disappointments of yesterday to hold us back from experiencing success today is entirely up to us. Only after completing this exercise and experiencing firsthand the absurdity of trying to decide how long you are going to dwell on past disappointments can one fully appreciate the importance of letting go of the past in order to begin living successfully in the present. The past is history, the future a mystery, today is a gift, that is why it is called the present.