

# About Success

## March 9 is Get Over It Day. What do you have to get over?

**You cannot truly move forward if you are always looking back.**  
*-Anonymous*

March 9th is "Get Over It Day," one of those lesser known holidays that I feel we all need to know about and embrace. It was conceived by Jeff Goldbatt, an Atlanta-based entrepreneur. In 2005 Jeff found himself taking longer than he thought was reasonable to get over an ex-girlfriend. So the "Get Over It" concept came to his mind. Jeff selected March 9, the exact midpoint between Valentine's Day and April Fool's Day, for this unusual, but very much needed, holiday.



Donna Satchell

The day is based on the idea that everyone has something to get over. It could be past bad relationships, stressful work-related issues, fears, insecurities, embarrassing moments, unfair situations, etc. An article on the website, [www.GetOverItDay.com](http://www.GetOverItDay.com), suggests that if you are not sure what you need to get over, just ask your friends what they are tired of hearing you complain about again and again. The day got national attention in 2006 when ABC's Good Morning America and ESPN's SportsCenter did segments about it.



It is important for us to realize that the things we need to get over can easily rob us of experiencing present happiness for the good things we have in our lives. It can also keep us from having the focus and the positive attitude we need to achieve our future plans. Many people have let this happen to them. I know because it has happened to me.

One such experience occurred when I gave a speech during my college years. Having finally decided to go to college at age 33, I wanted to participate in as many extra-curricular activities as possible to build up the education section of my resume. So despite being deathly afraid of public speaking at the time, I volunteered to represent my college's Alpha Chi Chapter and give a speech at the national convention in New Orleans.

At that convention I gave what I consider the worst speech of my life! I hurried through the material, talking so fast that people could barely understand what I was saying. In my rush, I kept mispronouncing words. I was completely preoccupied with the thought that I should have practiced more. I dropped my note cards, and after picking them up, I had a hard time reordering them and refocusing. At the end of my presentation, instead of asking "are there any questions," I just ran from the lectern. I twisted my ankle as I stumbled down the stairs leaving the stage. I felt like a complete failure.

But to make the situation even worse, for the remainder of the trip (3 full days), I could not stop thinking and talking about that speech. It occupied my every thought and every conversation. My poor performance robbed me of the chance to fully enjoy the incredible New Orleans cuisine, the great jazz clubs, the wonderful art galleries, the great weather, and the fabulous people I met. Instead of putting the speech behind me, I kept telling everyone how terrible I was. Responses like "You weren't that bad;" "It really was OK," did not console me. The rest of my trip was completely ruined by an eight-minute speech. I wish I had decided to "get over it" sooner, so I could have enjoyed my time in New Orleans.



Beautiful New Orleans

I feel that trip is a metaphor for many of our life experiences. Since that time, I have decided to recover from life's embarrassing moments, disappointments, misunderstandings, poor decisions, etc. as quickly as possible so I do not miss out on what is going well or even great in my life at the moment and so I can avoid losing the focus and positive attitude I will need to accomplish my plans for the future.

What are some situations you need to "get over?" Mine have included questionable workplace decisions made by lousy managers, missed promotions, items being stolen from me, deliberate mistreatments by "so-called friends," unfair performance reviews, being stood-up for dates, etc. What past situations are occupying your mind and robbing you of the opportunity to enjoy the things that are going good in your life today? What thoughts are preventing you from having the focus, concentration, and positive attitude you will need to achieve your goals and dreams in the future?

I suggest you make a list of those experiences, whether they were created by you or others, whether they are minor or major, whether they are happened years ago or yesterday. Once you have your list, then decide how you will move beyond those situations and leave them in the past, where they belong. Depending on the magnitude of the experience, here are nine strategies to consider doing:

1. Think of the lesson you can garner from the situation. Remember the quote by the Dalai Lama - "If you lose, don't lose the lesson." Make the lesson a constructive one instead of a negative one. For example, "in the future I will be more careful who I trust" vs. "in the future I will distrust everyone."



2. Write a letter forgiving the person who disappointed or hurt you. This letter is not for you to send; but rather is to help you express the negative emotions you may have so you can feel better and move past the situation.

3. If it is a mistake that you made, forgive yourself. Know that we all make poor decisions or err at various times in our lives. Hold yourself accountable for making progress instead of punishing yourself for not being perfect. If you need to apologize, do so with sincerity. Also think about things you can do differently in the future to avoiding making the same mistake again.

4. Engage in "relative to what" thinking. This concept is one I read about years ago in a book entitled, *Looking Out For #1* by Robert J. Ringer. His theory of relativity (not to be confused with Einstein's theory) states that we view situations as being unfortunate until we think of them relative to more tragic circumstances. Once we see things in that perspective, we are able to view the same situations quite differently.



5. Think I will be "stronger," "more compassionate," "a better business owner," "a better person," "more understanding," etc. because of the situation.

6. Understand that the incident allows you to put into practice your spiritual or faith-based principles of acceptance, understanding, and forgiveness.



7. *If appropriate*, consider approaching the person who disappointed or hurt you. Let them know how you feel about the situation. Maybe getting their point of view about what happened or their apology will be beneficial for you. You may even find out that their actions were not intentional or that they were not aware of that fact that you were disappointed or hurt.

8. If necessary, join a support group. There are situations that require the help of others in order to get past them. Do not be embarrassed if you find that is what you need to do.

9. Understand that some incidents dealing with loss, injury, or damage may require that you obtain legal assistance or get the law enforcement authorities involved. You may also need to seek individual professional counseling to work on your internal feelings and reactions

Sometimes we may need to use several of these strategies at the same time, if just one alone is not working for us.

My final thoughts - remember the opening quote .... "You cannot truly move forward if you are always looking back." Whatever the situation is, find a way to get past it. Your present happiness and future success depend on you doing so.

To take a lighthearted look at moving beyond the past, visit [www.GetOverItDay.com](http://www.GetOverItDay.com). This website is a humorous and optimistic approach to looking at the disappointments and hurts we have experienced. It even has an amusing video with a catchy song you can watch that may help you "Get Over It".

=====

**Copyright 2010 - Donna Satchell - All rights reserved.**

Reprint Permission Granted\* - See Details Below

\*Permission is granted to reprint this article provided that the bio below and contact information are included in the publication and a copy of the reprinted article or a link to it is emailed to at [Donna@JustGetSerious.com](mailto:Donna@JustGetSerious.com)

Donna Satchell of STARR Consulting & Training is a motivational speaker, success skills trainer, author, and the creator of the Just Get Serious® programs that inform, motivate and propel people into action towards greater success. She provides seminars on customer service, teamwork, time management, public speaking. She also delivers exciting motivational speeches which inspire individuals to live more rewarding, fulfilling and successful lives. Visit [www.JustGetSerious.com](http://www.JustGetSerious.com) for information about programs/products and to view videos of Donna's speeches. Contact her at 770-498-0400 or [Donna@JustGetSerious.com](mailto:Donna@JustGetSerious.com)