

BALTIMORE  
**BUSINESS JOURNAL**



**Mary Ann  
Masur**  
is today's

**CAREER**  
**Coach**

**Q:** Sometimes I get so fixated on my mistakes. What's the best way to stop kicking yourself?

**A:** It's not uncommon to be haunted by "ghosts" from your past. As we play them over again in our minds they grow ever more frightening. And, if left unchecked, they can eventually scare us into a state of inaction, literally stopping us in our tracks. A simple way to ensure ghosts from your past don't undermine your success is to shine a light on the lesson. It's amazing how much scarier shapes and sounds are in the dark, isn't it? But when we muster the courage to reach out from under the blanket and switch on the light, we see that "the witch" sitting in the chair is just a pile of clothes. We can get the same sense of relief when we muster the courage to look square in the face of our past mistakes.

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