YOUR PAST DOES NOT CANCEL YOUR PURPOSE

1. NAME IT - What Am I Carrying?

What experience, disappointment, failure, rejection, fear, label, or expectation from my past is still influencing how I see myself today?

The label I have allowed this experience to place on me is:

"I am _____."

2. CHALLENGE IT - Is That Really Who I Am?

What have I believed about myself because of what happened?

What is true about me that my past cannot change?

3. RELEASE IT - What Can I Stop Carrying?

What do I need to release today in order to move forward?

☐ Fear ☐ Failure ☐ Rejection ☐ Shame ☐ Regret

☐ Perfectionism ☐ Approval of others ☐ Old identity ☐ Other: _____

I am ready to release:

4. REFRAME IT - From Pain to Preparation
Instead of only asking: "Why did this happen to me?"
Ask: "What has this taught me, developed in me, or prepared me for?"

Something I have gained through this experience is:

5. REDISCOVER - Who Am I Becoming?
What strength, gift, dream, calling, or part of myself have I allowed disappointment or fear to bury?

If fear were no longer making the decision, what would I do next?

6. TAKE THE STEP - My Courageous Next Move
I do not have to figure out the entire journey today. One step I can take in the next 7 days is:

I will take this step by (date): _____

MY DECLARATION

My past is part of my story, but it does not have the authority to determine my future. I will take what I have learned, release what I was never meant to carry, and move forward with courage into the purpose God has for my life.