

## **Letting Go of the Past and Moving Forward**

A 3-Week Cognitive, Emotional, and Faith-Based Workbook

Purpose: To help you release unhealthy attachment to the past and develop clarity, purpose, and vocation for the future.

## **Week One: Understanding Attachment to the Past**

Focus: Awareness, grief, and cognitive clarity.

Key Scripture: Ecclesiastes 3:1; Isaiah 43:18–19; Matthew 5:4

Journaling Space:

## **Week Two: Releasing and Reorienting**

Focus: Identity, acceptance, and forward movement.

Key Scripture: 2 Corinthians 5:17; Hebrews 12:1; Philippians 3:13–14

Journaling Space:

## **Week Three: Purpose and Vocation**

Focus: Discovering purpose beyond nostalgia and stepping into adult vocation.

This week is about shifting from who you were to how you are called to live now. Purpose is not found by recreating the past, but by responding faithfully to the present.

### **Day 15–16: Redefining Purpose**

Reflect on what you believe purpose means. Is it tied to feelings, success, or seasons? Biblical purpose is grounded in faithfulness, character, and calling.

Scripture: Micah 6:8; Proverbs 16:9

Reflection Questions:

- What do I believe my life should look like by now?
- Where did those expectations come from?
- What values do I want to live by, regardless of season?

### **Day 17–18: Gifts, Skills, and Stewardship**

Purpose is often revealed through responsibility rather than excitement. Consider what you have been given to steward now.

Scripture: Romans 12:6; Colossians 3:23

Reflection Questions:

- What strengths do others consistently see in me?
- Where am I currently needed?
- What am I avoiding because it feels ordinary?

### **Day 19–20: Cognitive Restructuring – Purpose Anxiety**

Identify thoughts that create paralysis around vocation and adulthood.

Common Thoughts:

- 'I should be further along.'
- 'I missed my window.'
- 'If it's not exciting, it's not my calling.'

Scripture: Ephesians 2:10; Psalm 37:23

## **Day 21: Commitment to Forward Living**

Write a personal commitment to live oriented toward growth rather than nostalgia.

Scripture: Matthew 6:34

Personal Commitment Statement: