

**LET IT GO**

 **TOOLKIT**

# THIS IS HOW WE DO IT:

We have prepared this toolkit as a resource to help win applying this into your daily life. Remove distractions, embrace the moment, and commit to life change for a lifetime. We advise that you find an accountability partner for greater results!

Let's Go!

1

## WATCH THE SESSION

Focus in, follow along, and take notes. Research says that taking notes improves focus, boosts comprehension and retention, and engages active learning.

2

## DO THE WORK

This session will have a series of keys, questions, and moments that ensure you retained the key points in order to apply in life. It works if you work it!

3

## LIVE IT!

**Don't just Learn It, Live It!** In order to really see results, you will need to do the work to make sure you're living what you learned.

# Let It Go TOOLKIT

Philippians 3:12-14 (NIV)

## The Big Idea

What's Not Healed, Gets  
Handed \_\_\_\_\_

## 2 Types of PAIN



\_\_\_\_\_  
Things **THAT HAPPENED** to you  
that should not have.

\_\_\_\_\_  
Things **YOU NEEDED** but you  
did not have.

## Key Terms

\_\_\_\_\_ is when you choose your **History**  
over your **Destiny**.

\_\_\_\_\_ are unhealthy bonds for  
individuals **addicted to abuse or abandonment**.

Here are 3 Things our Father wants to tell us about Letting Go of The Past and Embracing a better Future:

**Essential 1: \_\_\_\_\_ The Emotions**

What pain am I holding that's hindering my life?



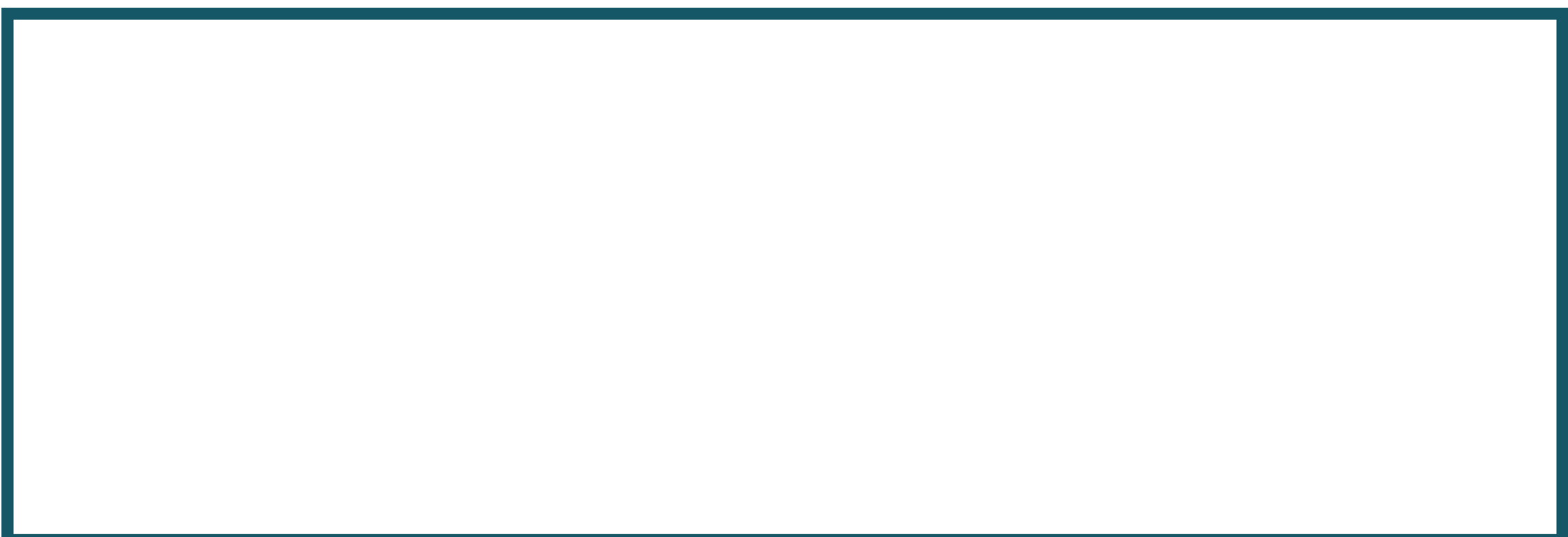
**Essential 2: \_\_\_\_\_ Who You Are**

Who will I become because of what happened for me?

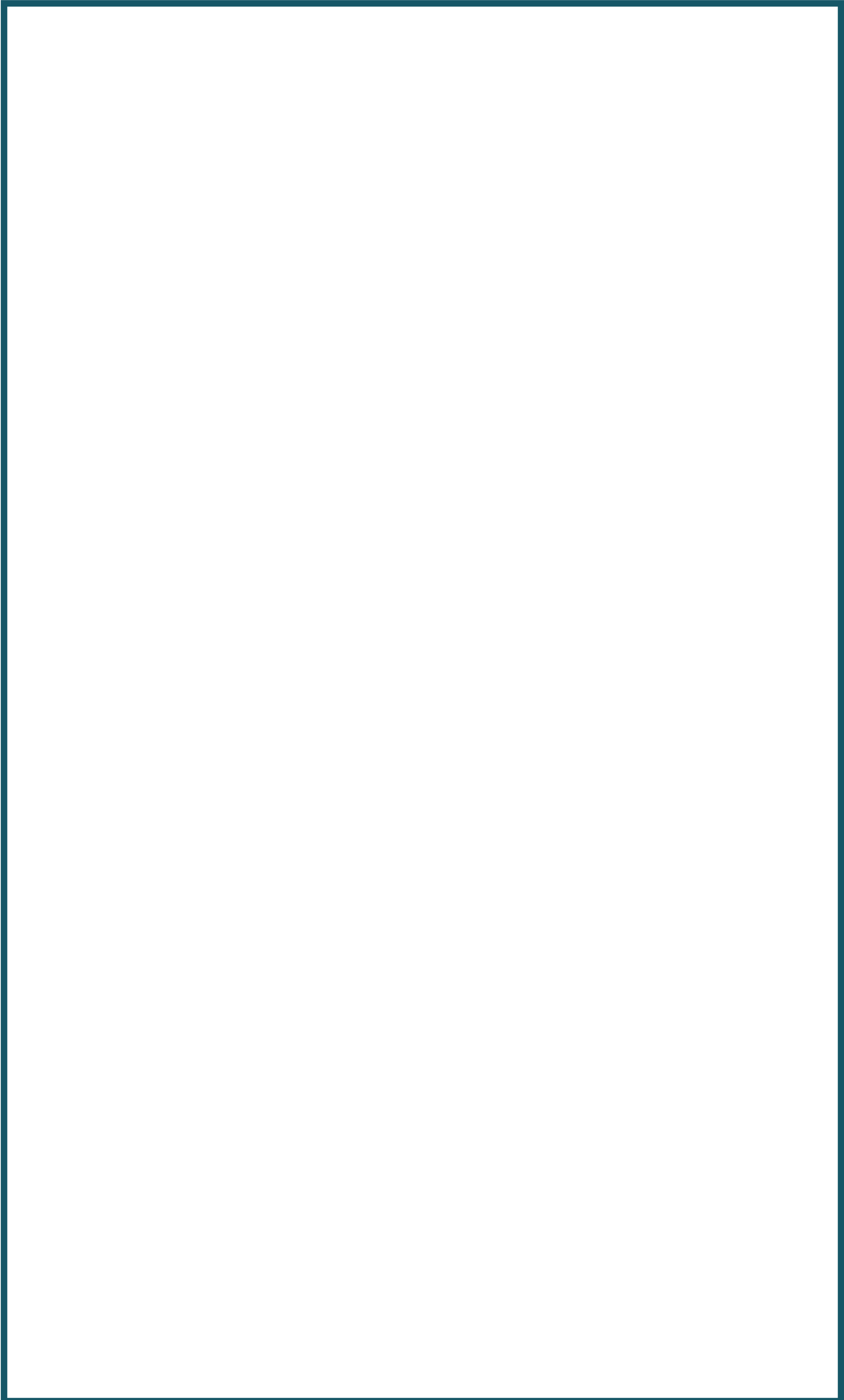


**Essential 3: \_\_\_\_\_ Your Perspective**

How do I see what happened to me?



# NOTES:



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