



**YOU GET TO  
CHOOSE YOUR  
STORY**

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**WHATEVER YOU  
THINK NOW ABOUT  
YOUR PAST WILL  
AFFECT WHAT YOU  
CURRENTLY DO AND  
WHAT YOU  
CURRENTLY FEEL.**

-davina fear

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**WHEN WE DECIDE TO  
CHANGE OUR PAST,  
WE AUTOMATICALLY  
DECIDE TO GIVE  
FORGIVENESS.**

-davina fear

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IF YOU DON'T LIKE  
THE STORY ABOUT  
YOUR PAST, YOU  
GET TO CHANGE IT.

-davina fear

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forgiveness is the power of  
Christ coming into our lives,  
lightening our hearts, and  
filling us up in a completely  
new way.

-davina fear

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The only place  
your past exists is  
in your mind.

-brooke castillo

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## **YOU GET TO CHOOSE YOUR STORY**

1. What story from your past do you retell to other people?
2. What feelings does your story bring up for you?
3. Are those feelings helping you move forward in your life?
4. What if you chose a different story to tell people? What if that story made you the hero? Made you the one who benefited the most? Made you the one who learned something amazing? What if the story you told talked about everything you learned, the skills you acquired, the opportunities you created? What if the story was about your healing? What would that story be? What would it look and sound like? Write that story below: