

# PPAL'S 2023 CONFERENCE WORKSHOP

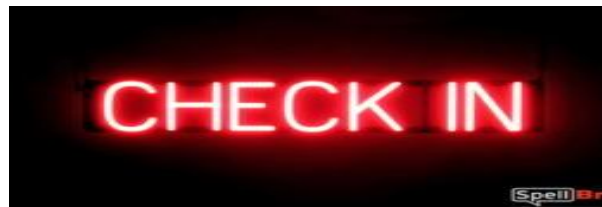
**MAY 19TH**



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**5 STEPS TO LETTING GO OF THE PAST  
AND MOVING FORWARD IN YOUR LIFE**



NAME

How are you showing up today?  
(happy, joyful, overwhelmed,  
excited, tired, etc)

What's your internal weather?



# Overview


- **Introduction - What's Holding You Back?**
  - Limiting Beliefs
  - Shame
- **Five Steps to Letting Go**
- **Community Affirmations**
- **Questions & Answers**



5

STEPS

TO...



Letting Go Of  
The Past And  
Moving  
Forward In  
Your Life

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1

**Talk about it.** Once you've spoken the words, release them from your mind forever.



2

**Use a journal.**

Physically writing your thoughts and feelings can release your emotions so you can move past them.



3

**Seek forgiveness.**

Forgiveness releases you from the burden of carrying the pain any longer.



4

**Seek professional guidance.**

Seeking guidance from a professional gives us the safety of relative anonymity



5

**Use alternative therapies.**

No matter what your history contains, you can learn to release it and move forward into a life filled with contentment and joy.



END





# COMMUNITY AFFIRMATIONS





There is plenty of time to do what matters  
because **I work on what matters first.**



A young boy and girl are sitting at a desk, looking at a laptop. The boy, on the left, has his arms raised in the air and a wide, excited smile. The girl, on the right, is also smiling broadly and pointing her finger at the laptop screen. They appear to be celebrating a success. The background is a blurred office or classroom setting with green and grey walls.

**Each failure brings me  
one step closer to success.**



A photograph of a forest path covered in fallen red and orange leaves. The path leads into a misty, foggy forest. In the distance, a bright, warm light emanates from the end of the path, creating a strong glow and illuminating the surrounding trees and foliage. The trees are mostly bare, with some moss visible on the trunks. The overall atmosphere is serene and hopeful.

I learn from my past and  
look forward to a ***bright future.***



A close-up photograph of a green frog with large, dark eyes and a slightly open mouth. The frog is wearing a small, ornate golden crown with three points. It is positioned in front of a large, vibrant pink rose, which is slightly out of focus in the background. The overall image has a soft, warm tone.

**I  
am  
valuable**

**Simply  
because of  
who I am**



I deserve the  
same **grace,**  
**compassion,**  
and  
**understandin**  
**g** that I give to  
others.





I can better **REACH MY FULL POTENTIAL**  
with the help of others.



A woman with dark hair is in a starting crouch, wearing a blue tracksuit with white reflective stripes. She is looking down, ready to start. The background is dark, and the scene is lit with a blue glow.

**I get started now and  
make changes as necessary.**

A close-up, profile view of two lionesses facing each other against a solid black background. The lionesses are positioned on the left and right sides of the frame, with their heads angled towards the center. Their fur is a rich golden-brown color, and their eyes are closed or looking down. The lighting is dramatic, highlighting the texture of their fur and the contours of their faces. In the center, between the two lionesses, is a block of white text.

I transform my  
limiting beliefs  
into beliefs that  
**EMPOWER ME.**



**My opinion of myself  
is the one that counts.**



# Thank you!

**Do you have any questions?**

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