

# RISE ABOVE YOUR PAST

*Workbook*



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Jola-Grace  
Emmanuel

Take these day  
to day practical  
steps to rise  
and soar.

# Introduction

Congratulations on deciding to take practical steps to RISE from your past.

Rising above your past will help you overcome stagnation, stop the negative circle of mistakes, become a better you, rediscover yourself, take control of your life and walk in purpose.

Remember you were created on purpose for a purpose, you are not a mistake, you matter, and your worth has not reduced because of your past.

This workbook is an addendum to the main book, my advice to you is to make sure you read the book before you proceed on this practical journey of rising above your past.

# How to use this Workbook

Set apart four weeks and work on each of the following areas on a weekly basis.

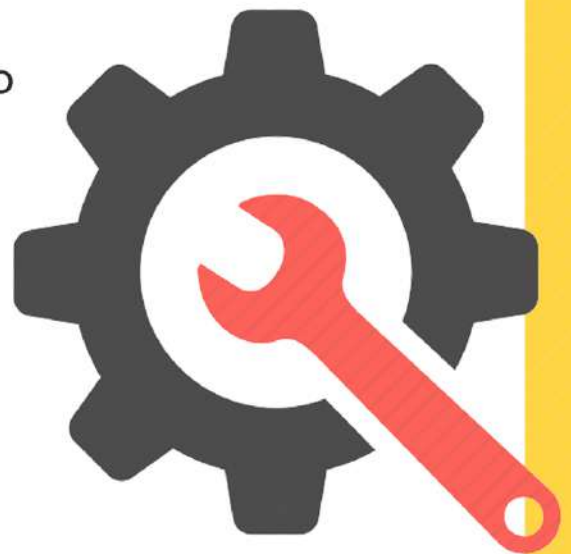
There will be some weeks that has more than one task to complete, you don't have to complete all the tasks in a day, it's advisable to complete only one task in a day. You need to be patient with yourself and take this one step after the other. Remember, you are more than your past and your past doesn't define you.

Don't try to go through everything at once, just pace yourself and be kind to yourself and remember to reward yourself for every progress you see.

You can do this!

To RISE above your past, you need to

- **RECONCILE WITH YOUR PAST.**
- **INVESTIGATE YOUR PAST**
- **STRENGTHEN THE PRESENT**
- **EVALUATE YOUR RELATIONSHIPS**





# Week 1



Write down a summary of what happened to you. You may not be able to remember much, just write as much as you can.

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***Next step is to say the following out loud:***

'.....happened to me, but it doesn't define me.

Repeat this to yourself daily throughout the week.

***Affirm the following:***

1. My name is ....., I am not my past.
2. I was created on purpose for a purpose.
3. I consciously choose to rise above my past.
4. My past is painful, but I am grateful that I have a present and a hope of a glorious future.
5. The past is painful, but I decide to let go.
6. I am entering into a new season of growth and new opportunities.
7. My mind is open to newness.
8. I made a mistake, but I am not my mistake.
9. I am human, so I am prone to mistakes.
10. I am special.
11. I am a MASTER PIECE.
12. I am a value carrier.



## Week 2

### Investigate your past



*If we don't learn from our mistakes, we will keep repeating the same mistakes over and over. – Jola-Grace Emmanuel*

### Task 1

Cast your mind back to the pre-mistake period; what did you do wrong or what did you leave undone?

How did it happen?

Write down at least 10 things

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_



## Task 2

If you were to go back to your pre-past and do it all over again, what will you do differently?

Write down at least 5 things

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## Task 3

Write down 3 pieces of advice you will give to your younger self.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Week 3



### Strengthen your present

The past may be painful, but you need to be grateful for the present and focus on the possibilities around you.

#### Task 1

Write down 10 things you are grateful for right now in your life.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_



## Task 2



Strengthening your present also requires rediscovering yourself because the past has a way of distorting your authentic self. So who are you really?

Look for 4 people who are close to you and you trust they will be honest with you.

Ask them the following questions:

1. Describe the 'me' that you know
2. What do you think are my strengths?
3. What do you think are my weaknesses?
4. What do you think makes me happy?

Collate all the answers and check for the ones that tally the most.

## Task 3

On your own, answer the following questions truthfully.

1. Describe yourself in 5 sentences.

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If nothing was impossible, what will I do?

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## Week 4



### ***Evaluate your Relationships***

If you don't evaluate and reassess your relationships, it will be very difficult to rise from your past because some relationships will keep you in the rot of your mistakes and stop you from healing and moving forward.

#### *Task 1*

List the 10 closest people to you in the past few years

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_



## Task 2

On a scale of 0-10, rate how each person has positively affected your growth and development.

	Name	Positive Impact (0-10)
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		





## Task 3

Which of the above relationships do you need to set boundaries and what types of boundaries will you be setting.

Write them down

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

# Well done...



I'm sure the last four weeks has been eye opening, I will like to offer you a 20mins complementary one on one session.

Send an email with your name and email address to ***coachjolagrace@gmail.com*** with the title – RAYP WORKBOOK COMPLETED to book your session. Please note that the session is only valid if you have also bought and read the actual book.  
See you at the top.

I am the SOUL DOCTOR. My name is Jola-Grace Emmanuel and I am passionate about the HEALTH and HEALING of your SOUL.

I am rooting for you!