

...

WHEN

I

LET GO

of what i am

I

BECOME

WHAT

I

might be

LAO TZU

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The importance of
letting go

Being mindful of
our pasts

Most of our troubles are due
to our desire to be attached
to things that we see as
enduring forever.

Dalai Lama

We are alive in
the present...

But often end
up living out
our pasts.

All forms of learning rely on our ability to continually reference the past.

You only recognize a friend when she walks into the room because you reference a past connection with her.

You are only able to do what you can do
now because of what you learned.

So, the past is important to learning in
present.

But our pasts can also be problematic.

Our behaviour, our thinking and our very character are all influenced by our past.

Things we have gone through can be useful, they can shape us for the better, but they can also stifle our progress and growth.

There are some things in our past we need to keep hold of.

But there are also things we need to learn to let go of.

And it's your job to make this decision.

You design yourself
Jay Z



Two people
who've learnt the
importance of letting go...



Victor Moses

Victor was born in Lagos, Nigeria.

The largest city in Africa.

By 2015 it will be the third largest city in the world, behind Mumbai and Tokyo.

Three quarters of Lagos is slums.



Since the 1990s there has been
widespread violence between Christian
and Muslim groups in Nigeria.

Victor Moses parents were
Christians.

Victor's father ran a church in
Lagos.

In the summer of 2002, Victor was aged
11

He was playing football in the streets
when his uncle rushed to tell him that
his parents had been murdered.

His family home had been razed to the
ground.

After a week in hiding, Victor was flown to the UK. His airfare paid by relatives.

At aged 11, Victor became a registered asylum seeker in the UK.

Settling in North London, Victor
attended secondary school.

He kept playing football.

At aged 14 Crystal Palace FC approached him to join their academy.

Victor later joined Wigan Athletic. In 2012 he joined Chelsea. He is currently on loan with Liverpool.

‘Wherever they are at the moment, they should be proud of me, looking down being proud’.

‘It has been a long journey, yet I am thankful for being where I am and who I am’.

Martine



Wright

Martine is a British sitting volleyball player.

The day after London was announced as the winning city of the 2012 Olympics, Martine was on her way to work on the Circle Line.

Shehzad Tanweer was also on the train.

He was one of four suicide bombers that struck London that day.

Martine remembers a blinding white flash.

She awoke to find she had lost both her legs.

Martine represented Great Britain in the 2012 Paralympic Games.

She said in 2012 'I feel lucky to be in this place'.

‘I’ve let it go...
I was meant to be
where I am today’.

Martine's journey

Learn to let go.

Dalai Lama

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