

# HEAL YOUR INNER CHILD

JOURNAL OR WRITE A LETTER TO YOUR YOUNGER SELF

GO INWARD & DO A BODY SCAN

PRINT OR DRAW FOR FUN

PLAY, DANCE FREELY, MOVE WITH JOY

SET & HONOUR YOUR BOUNDARIES

VISUALIZE YOURSELF AS A CHILD - ASK WHAT THIS "LITTLE YOU" IS FEELING & NEEDING

WRITE A LIST OF YOUR NEEDS & HOW YOU CAN MEET THEM

USE MANTRAS LIKE  
"I AM SAFE"  
"I WILL LOOK AFTER YOU"  
"I DESERVE LOVE"

LOOK AFTER YOURSELF; YOU CAN RE-PARENT YOURSELF

LOOK AT PHOTOS OF YOURSELF AS A CHILD AND SPEAK WORDS OF LOVE & KINDNESS TO THIS "LITTLE YOU"

ACKNOWLEDGE YOUR FEELINGS & KEEP YOUR INNER CRITIC IN CHECK



# Heal Your Inner Child

**Julia Schneider**



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