**A picture containing application

Description automatically generated**

*Wishing you a beautiful month ahead and offer gratitude to yourself now for taking this time to spend with yourself, connect with your subconscious and tap into the energy of your Inner Child.*

*Create a quiet and comfortable space for yourself, safely light a candle and put on some relaxation music. Let the pen and words flow, don’t judge what you are writing as it is all meant to be.*

*When I think of my inner child/younger self what comes to mind?*

*Do I feel that I was minded and looked after emotionally, mentally and physically in the way I needed when I was a child and why?*

*What part of my needs were not met when I was a child?*

*Do I recognise that my inner child comes out in my adult behaviours, reactions, responses and actions?*

*In what ways does this happen?*

*What do I feel I need to do to help heal my inner child?*

*What difficulties are you experiencing presently in your life?*

*Can you connect any of these present difficulties with the unhealed aspects of your inner child?*

*Are you ready to heal your inner child and why?*

*What age do you feel you were last your fullest and truest self?*

*Do you remember a time when you were younger that you were playful, fun, joyful, imaginative and creative?*

*Are you all or any of those things now? If yes, why? If no, why?*

*Are you ready to embrace that part of yourself?*