



Bonus: A guided meditation!

Inner Child Healing *Journal*

Starter Kit

@holistictransformativetherapy



Hello,

This journal kit is designed to gently guide you to reconnect with your inner child - that part of you that holds your earliest feelings, memories and needs. Through these prompts, you'll create a safe space for healing, compassion and rediscovery.

Take your time with each prompt. There are no right or wrong answers, just your honest reflections.

*With all my love,
Dorota*





Journal Prompts

1. Who is your inner child? Close your eyes and picture yourself as a child. What age are you? What do you see, hear, feel?
2. What does your inner child need most right now? Imagine sitting with your inner child. What would you offer them? Comfort? Encouragement? Protection?
3. When did your inner child feel happiest or safest? Recall a memory where you felt loved, safe or joyful.
4. What hurts or wounds has your inner child experienced? Be gentle with yourself as you explore difficult memories or feelings.





Journal Prompts

5. How can you support your inner child today. What small act of kindness or self-care can you offer to nurture this part of you?
6. Write a letter from your adult self to your inner child. What do you want to say? Offer reassurance, love or promise support.
7. What are three affirmations your inner child would love to hear? Create positive, loving statements that nurture and empower.



Affirmations

1. It's okay to be exactly who you are.
2. Your feelings matter and it's safe to express them.
3. You deserve kindness, patience and care.
4. I believe in your strength and your dreams.
5. You are a beautiful part of me, deserving of love and happiness.
6. You are not to blame for what happened. You are safe now.
7. You are enough just as you are.





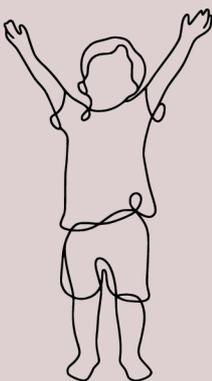
Thank you

Thank you for choosing to heal and grow with this "Inner Child Healing Journal Starter Kit".
Your inner child is proud of you!

🌸 For more printables, meditations and healing resources, visit:
www.holistictransformativetherapy.com

🌟 Use code **INNERLOVE10** for 10% off your next purchase.

Follow [@holistictransformativetherapy](https://www.instagram.com/holistictransformativetherapy) for tools on healing your inner child, building self-worth and growing into your fullest self.



Love and light,
Dorota

