

RE-PARENTING

Inner Child Healing
Course Module 02

Journal your observations on your last day

Examine your loving inner parent's voice by reading these dialogues of the past three days. How does this new voice feel as compared to the old one? Do you wish to embody it as yours?

Do you choose to embody this voice and try to lean on to it whenever you feel tempted to follow the inner critic voice? Why would you want to do it?

How can you embody this voice in the coming days in your life? (eg: putting an alarm, a sticky note, a reminder, wearing a charm to remind you or anything else). Put an actionable item here you can implement right away.
