

SELF LOVE

SCHOOL JUNIOR

WEEK 1 WORKBOOK

INNER CHILD NOTES:

What are your triggers you are already aware of?

Use triggers as a guide to healing. They are there to show us where to do our inner work

1. Ask your inner child what they need in the moment? "What do I really need right now?" Make it happen.
2. Begin to cultivate a new inner parent-
3. Visualize being praised for what you were criticized for.

Which areas do you feel you want/need to reparent yourself?

Which of the actions will you commit to?
