

Self-Love through the Archetypes

Day 1: Wisdom of the Inner Child

Questions from the visualization:

What brings your Inner Child joy?

What your Inner Child say s/he liked about who you are today?

What message did your Inner Child have for you?

Diving deeper:

Remembering back to your childhood, what are some of your favorite memories?

What did you enjoy doing as a child? Why?

What were your favorite toys or possessions when you were a child? Why?

Where did you like going as a child? Why?

Who did you love being with as a child? Why?

What seemed easier when you were a child? Why?

When did you feel most proud of yourself as a child? Why?

What were some of your happiest days or events as a child?

Sit with these answers. What's different about you from that child? What could you embrace more from your childhood?

See you Day 2!