



inner child connection workbook



establiss co.

journaling prompts

Journaling is a really powerful way to reflect and connect with your inner child.

Especially if you have buried the child within. It is hard for many of us to return to our inner kid when society has conditioned us that you need to grow up and become an "adult".

Start by responding to these prompts and seeing what feelings come up. You can either write your answers or sometimes it is helpful to talk through them using your voice memos.

Record how the prompt makes you feel at the end of each question to identify how you may be feeling resistance, negativity, or unsafe with your inner child.



journaling prompts

when you think of your child self what traits come up first?

what does your inner child need to hear from you today?

if you could talk to your inner child, and tell them one thing
what would it be?

what was your favorite activity as a child? why do you or don't
you practice it anymore?

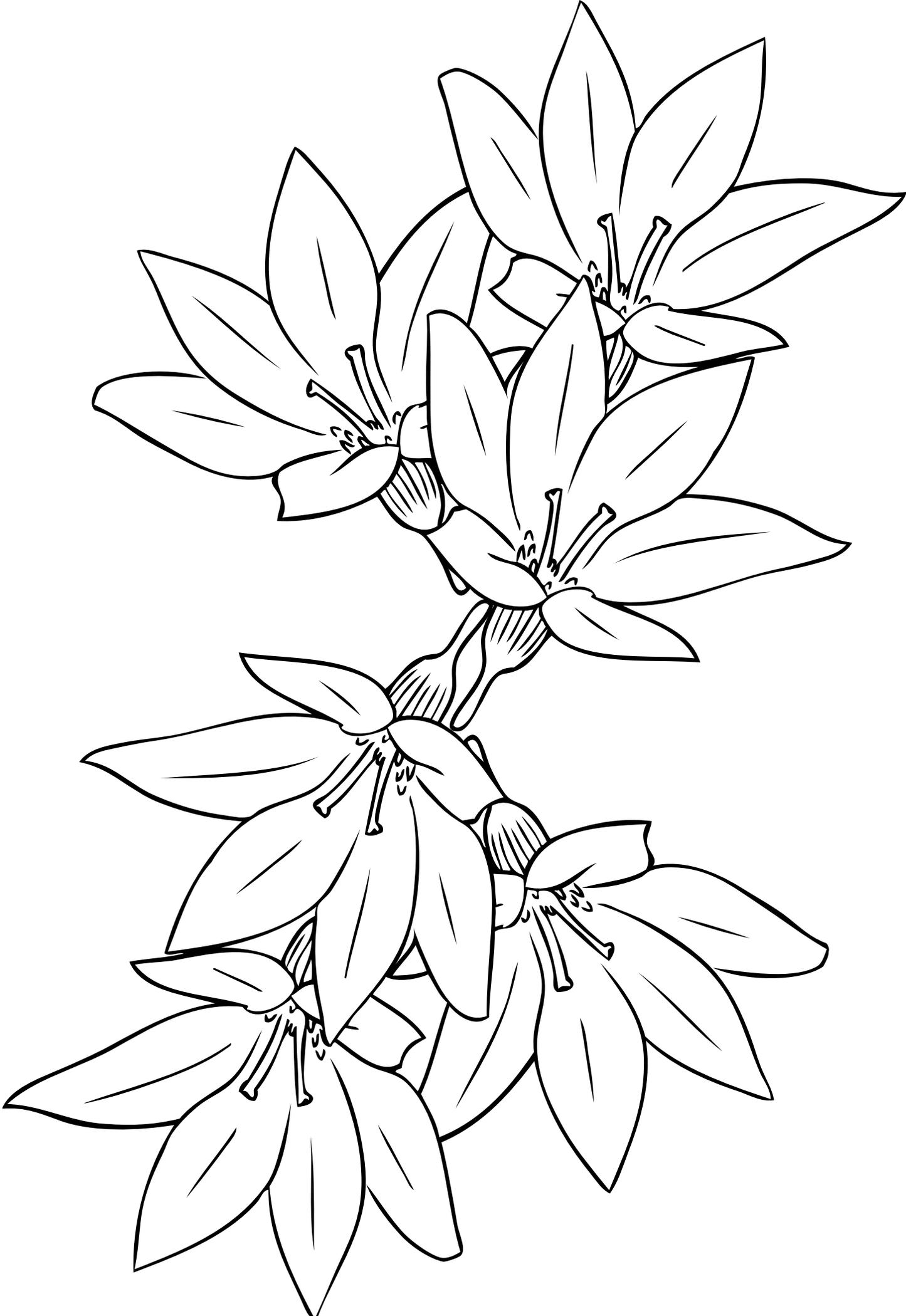
were you more of a masculine or feminine child? how did that
affect the way you interacted/ how others interacted with you
as a child?

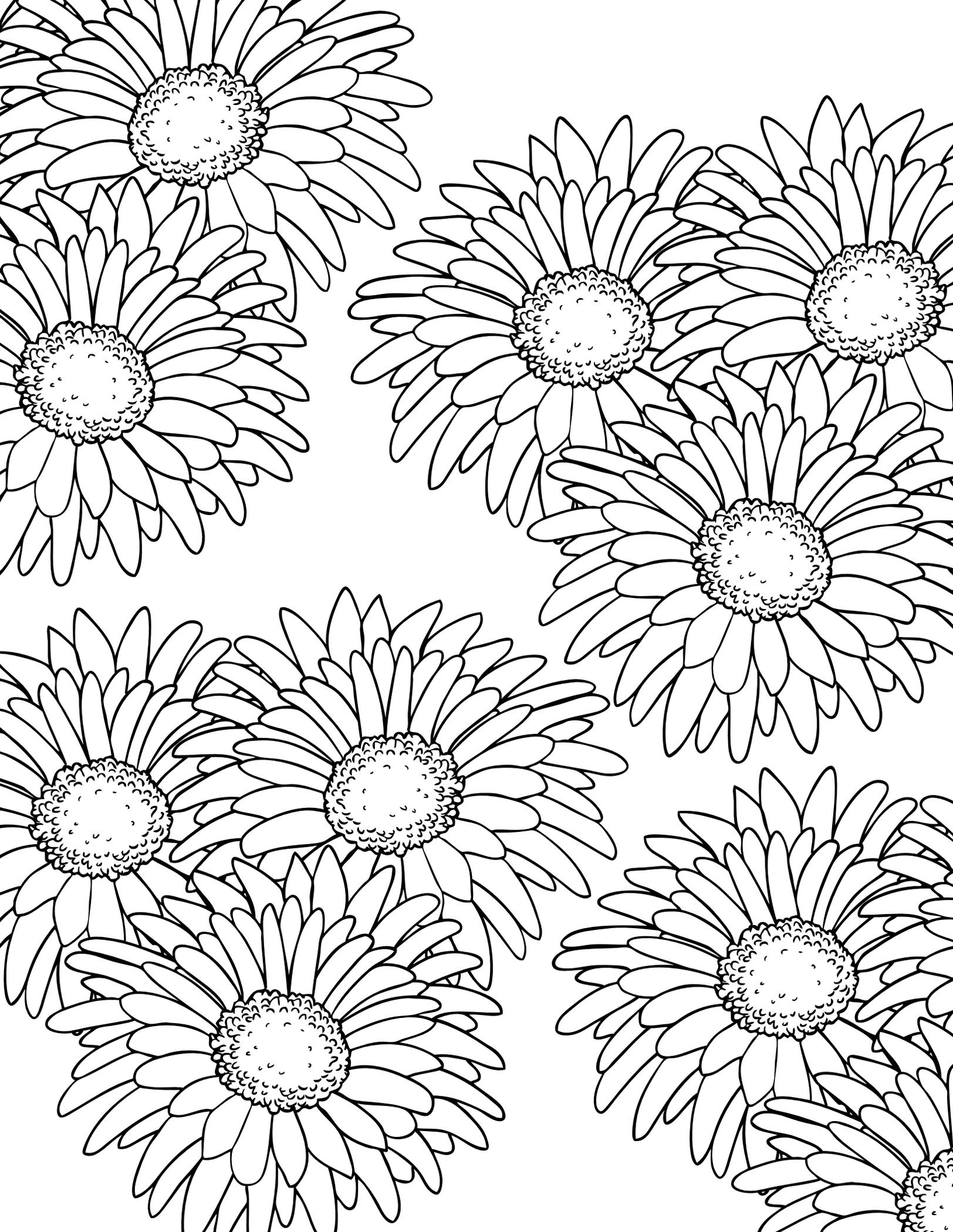
activities to fuel your inner child

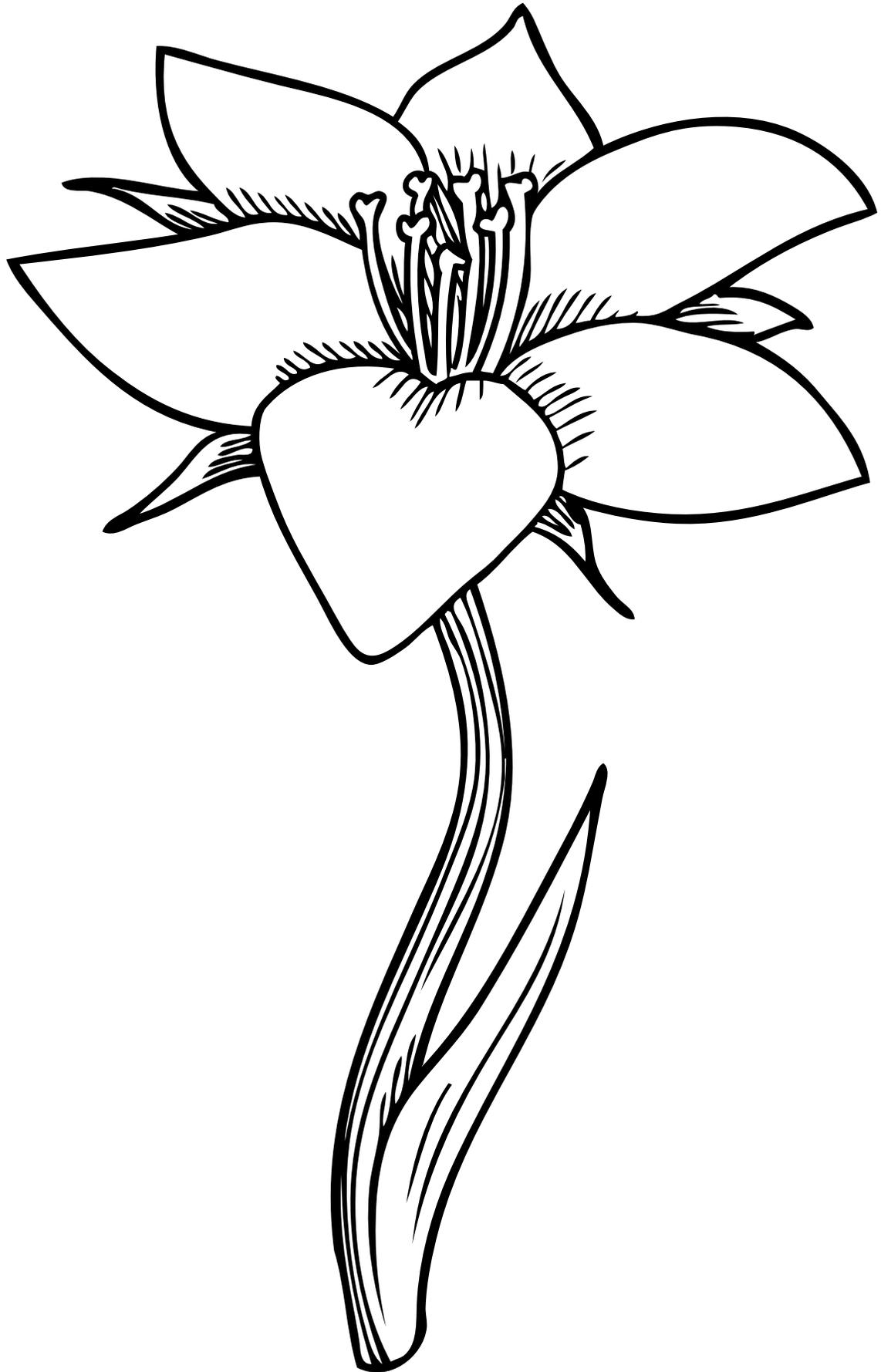
Some activities that are great for supporting and unlocking your inner child include:

- Build something with your hands
- Play a video game
- Play a board game
- Watch an animated movie!
- Color, paint, create
- Tend to plants or a garden
- Build a fairy garden somewhere where you can see it everyday
- Play with a hula hoop
- Sing and dance to your favorite song
- Wear your favorite color!
- Blow bubbles or buy a bubble machine
- Make yourself your favorite meal from childhood
- Create a zen garden and play with it daily
- Use stickers in your day to day life! Reward yourself even if it is over something small.
- Buy yourself comfy pajamas that make you feel like you are a kid again! My favorites are onesies!

Below are some of my favorite coloring pages.







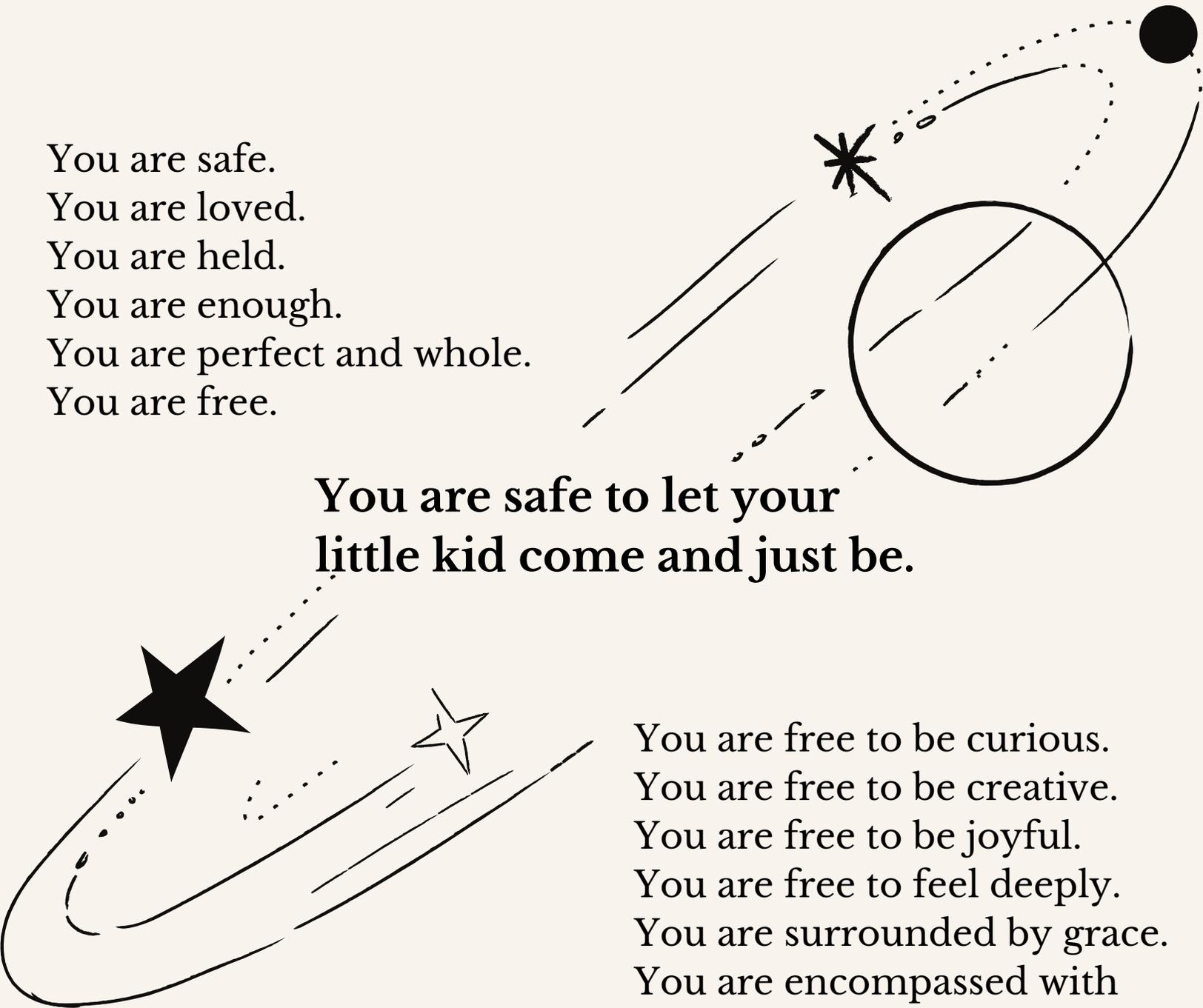
mantras and affirmations

Our inner child wants to feel safe and supported always. This work is tough and can make you feel a lot of emotions. Practice these mantras and affirmations to remind yourself that you are safe, loved, and held.

You are safe.
You are loved.
You are held.
You are enough.
You are perfect and whole.
You are free.

**You are safe to let your
little kid come and just be.**

You are free to be curious.
You are free to be creative.
You are free to be joyful.
You are free to feel deeply.
You are surrounded by grace.
You are encompassed with
compassion.



mantras and affirmations

I am able and safe to heal my inner child.

I am supported in my journey to re-parent myself.

I am safe to experience child-like joy and emotions.

I am supporting my inner child by
_____ (insert favorite activity)

I am safe to experience creativity and curiosity.

thank you

Thank you for participating in this workbook and connecting with your inner child.

I am a firm believer that if we all nurtured and connected with our inner child daily the world would be a much better place.

If you are interested in learning more about what I do, who I am, and how you can get involved head over to my website at www.meganjgarcia.com

You can contact me at establiss.blog@gmail.com
You can find me on Instagram at [@meggarciajahrman](https://www.instagram.com/meggarciajahrman)

with love,

megs

