

5-DAY INNER CHILD CONNECTION ADVENTURE

Over the next 5-days, take the time to connect with your inner child. This can be a very sensitive process for some. Please take your time to notice how you feel during the process. Fears, insecurities, as well as joy, may arise. Take notice of these feelings and allow them to happen.



Day 1: Create

Find crayons, markers, paint, or pencils and draw. Have fun with it and use this as an opportunity to just let go.



Day 2: Write A Letter

Write a letter to your inner child. Take this time to connect by honoring your inner child or apologizing for forgetting about them.



Day 3: Go Through Childhood Photos

Find childhood photos of your younger self. Try to imagine what your younger self felt when the picture was taken.



Day 4: Listen to Music + Dance

Listen to your favorite music that you loved listening to growing up. Turn it up, and dance like no one is watching!



Day 5: Reconnect with A Childhood Friend

Call someone from your childhood and reconnect. Take the time to honor them and show your appreciation.

For the next five days, show compassion towards your inner child. Many different emotions may arise, and it is completely fine if you want to take a step back. Everything you do this week is an opportunity to explore.

Tip: Meditate on who you were as a child before starting to deepen the connection.