

DIRECTIONS

Listen to the Adore Inner Child Visualization in its entirety. After you are finished with the exercise, immediately journal out the answer to the following questions:

- What did you learn from your inner child?
- What does she need more of right now?
- In what ways can you support, nourish and pay attention to your inner child?
- How can you remind yourself throughout the day to take care of your inner child?

visualize

INNER CHILD VISUALIZATION