THE 7-DAY INNER CHILD CHALLENGE

Reconnect with your younger self. Listen with care. Make room for joy.

Inner child work is a gentle way of reconnecting with the younger parts of yourself that may still hold feelings, needs, and memories. Spend 5–10 minutes each day reflecting and practicing small acts of care. Keep it gentle, stay curious, and move at your own pace.

DAY	DAILY CONNECTION	JOURNAL PROMPT	DONE
1 · SAY HELLO	Take a quiet moment to imagine yourself at a younger age. Look at an old photo or simply remember being a child. Notice what comes up without judgment.	What would I like my younger self to know about me today?	☐
2 · NOTICE THE FEELING	When an emotion shows up, pause and consider whether a younger part of you might be feeling hurt, worried, left out, or afraid.	What feeling did I notice? What might I need right now?	☐
3 · LISTEN TO A NEED	Think of one simple thing that helps you feel cared for, safe, or understood. Consider how you can offer a little of that to yourself today.	What did I need more of when I was younger? How can I offer some of it to myself now?	☐
4 · PRACTICE KIND WORDS	Notice one critical thought you have about yourself. Try replacing it with the kind, patient words you would offer a child who was learning.	What would a caring adult say to younger me in this moment?	☐
5 · MAKE ROOM FOR PLAY	Do something simply because it feels fun or interesting. Draw, listen to music, play a game, explore outdoors, or enjoy something you loved as a child.	What did I enjoy as a child? What simple activity brings me joy now?	☐
6 · OFFER COMFORT	Choose one small act of care: make a warm drink, take a gentle pause, set a needed boundary, or give yourself time to rest.	What helps me feel comforted, supported, or safe today?	☐
7 · KEEP SHOWING UP	Think about one way you can continue caring for yourself. Choose a small daily action that helps you feel encouraged, heard, or supported.	What would I like to promise my younger self—and how can I follow through?	☐

SMALL ACTS OF CARE

1. Listen to your feelings.
2. Speak to yourself kindly.
3. Make room for rest and play.

END-OF-WEEK CHECK-IN

What did I notice about my younger self?
What helps me feel cared for today?
What small act of care will I continue?

Remember: This is an introduction, not a demand to revisit painful memories. Skip any prompt that feels uncomfortable, pause when needed, and focus on what helps you feel grounded in the present. Small, consistent acts of care count.

VISIT THEBODYOWL.COM for more resources.

This challenge is to get your JUMP START.

The books and classes are designed to continue your journey and achieve lasting results!

Suggested Books: Innocence Found, Unmasked Self Reflection Workbook, Unlock the Door

The Body Owl LLC.

A WEEK OF AWARENESS, INTENTIONAL CHOICES, AND RENEWED VITALITY