



— 7 - DAY —

MEET YOUR *Inner Child*

HEALING STARTER KIT

A GENTLE 7-DAY JOURNEY TO
CONNECT, HEAL & NURTURE YOU



YOU ARE WORTHY OF LOVE, ESPECIALLY YOURS.

Welcome BEAUTIFUL SOUL

I'M SO GLAD YOU'RE HERE.

The fact that you've opened this guide tells me something important—you've chosen yourself. That is one of the bravest decisions you can make.

Within each of us lives an inner child—the younger version of ourselves who experienced joy, curiosity, love, fear, disappointment, and hope. Although we grow older, those early experiences continue to shape how we think, feel, love, trust, and respond to the world around us.

This 7-day journey is an invitation to gently reconnect with that younger part of yourself—not to relive the past, but to meet it with compassion, understanding, and unconditional love.

Over the next seven days, you'll discover: 



Build a deeper connection with yourself



Increase self-awareness



Release emotional wounds with compassion



Cultivate self-love and self-trust



Create space for healing and growth

There is no “right” way to complete this guide.

Some prompts may bring joy, while others may stir emotions you've tucked away for years. Whatever arises, welcome it with kindness. Give yourself permission to move slowly, take breaks, and honor your feelings without judgment.

Remember: 

-  You are not broken.
-  You are not behind.
-  You are healing.

Thank you for allowing me to walk beside you on this journey.

I hope these pages remind you of something you've always deserved:

**YOU ARE WORTHY OF LOVE—
ESPECIALLY YOUR OWN.**

BEFORE YOU BEGIN

-  Take a deep breath.
-  Place one hand over your heart.
-  Set an intention for the next seven days.
-  Ask yourself:

“How do I want to feel by the end of this journey?” 

Write your answer on the next page and let it guide you throughout the week.


With love,
Auralyn

HOW TO USE *This Guide*

This 7-day journey is designed to be simple, flexible, and nurturing. There is no rush—just a gentle invitation to show up for yourself.



ONE DAY AT A TIME

Move through one day at a time. You can follow the days in order or take the time you need on any day that feels heavy.



JOURNAL & REFLECT

Use the prompts and questions to explore your thoughts and feelings. There are no right or wrong answers—just your truth.



BE GENTLE WITH YOURSELF

Healing isn't always easy. Be patient, kind, and compassionate with yourself as emotions arise.



TRY THE EXERCISES

Each day includes a gentle healing exercise to help you reconnect with and nurture your inner child.



USE THE AFFIRMATIONS

Read your daily affirmation out loud or write it down. Let these loving words soothe and empower you.



MAKE IT YOUR OWN

There is no perfect way to do this. Add your own notes, drawings, prayers, or letters.



This time is for you.

You deserve the time,
the space, and the love
you so freely give to
everyone else.



TIPS FOR YOUR JOURNEY ♥

- ♥ Create a calm, cozy space where you feel safe.
- ♥ Light a candle, play soft music, or enjoy a warm drink if it helps.
- ♥ Take breaks whenever you need to.
- ♥ Drink water, get rest, and care for your body.
- ♥ Celebrate every small step—you are doing amazing.



You are allowed to go at your own pace. Your healing matters.



WHAT IS YOUR *Inner Child?*



Your inner child is the younger part of you that holds your earliest experiences, emotions, memories, joys, and wounds.

They may hold the laughter and wonder you once felt, as well as the pain, fear, or unmet needs you may have experienced.

When we heal our inner child, we heal the roots—so we can grow into the most authentic, peaceful version of ourselves.



A HEALTHY CONNECTION WITH YOUR INNER CHILD CAN HELP YOU:

- ♥ Feel more self-love and self-acceptance
- ♥ Build healthy relationships
- ♥ Let go of old patterns that no longer serve you
- ♥ Trust yourself and your emotions
- ♥ Create a life that feels safe and fulfilling



REMEMBER:

Your inner child isn't broken. They are part of you, and they just want to feel seen, heard, loved, and safe.



SIGNS YOUR INNER CHILD MAY NEED HEALING:

- ♥ You struggle with self-worth or self-acceptance.
- ♥ You often feel anxious, insecure, or not "enough."
- ♥ You have a hard time trusting others (or yourself).
- ♥ You people-please or fear disappointing others.
- ♥ You feel overwhelmed by emotions you can't explain.
- ♥ You feel stuck in repeating patterns.
- ♥ You long for deeper connection and joy.



*The more you understand your inner child,
the more you can love, protect, and nurture them.*



YOU ARE WORTHY OF LOVE, ESPECIALLY YOURS.



SET YOUR 7-Day Intention



Setting an intention helps guide your heart and mind through this journey. It's a gentle reminder of why you're showing up for yourself.

♥ I CHOOSE THIS JOURNEY BECAUSE... ♥

I WANT TO FEEL BY THE END OF THIS 7 DAYS... ♥

I AM READY TO... ♥

MY INTENTION FOR THIS 7-DAY JOURNEY IS... ♥

Small steps. Big healing. ♥



YOU ARE WORTHY OF LOVE, ESPECIALLY YOURS.

DAY 1



MEETING MY Inner Child



Today's Focus: Awareness & Connection

The first step is simply noticing your inner child.
Today is about creating a safe space to say hello to that
younger part of you with love and curiosity.



JOURNAL PROMPT

What is one of your earliest memories?
How did that experience make you feel?



REFLECTION QUESTIONS



What do you remember loving to do as a child?



What did you dream about or hope for?



What emotions were common for you as a child?



What did you need more of?



What did you not feel safe expressing?



HEALING EXERCISE

Say Hello to Your Inner Child

Close your eyes and take a few deep breaths.
Imagine your younger self in front of you.
What do they look like? How old are they?
Gently ask them, "What do you need from me today?"
Listen with love and without judgment.



AFFIRMATION



I am safe to remember.

I am safe to feel.

I am safe to heal.



TODAY, I WILL...

- | | |
|--|--|
|  Spend 10 minutes in quiet reflection |  Create a safe space for my feelings |
|  Practice self-compassion |  Remind myself that I am worthy of love |
|  Speak kindly to myself | |



*You don't have to go back and fix the past.
You get to show up now and love your inner child.*





EXPLORING MY Inner World



Today's Focus: Awareness & Understanding

Today is about getting to know your inner child a little better. We'll explore their world with curiosity, kindness, and an open heart.



JOURNAL PROMPT

What did your inner world feel like as a child?
What did you love, fear, need most, or wish someone understood?



REFLECTION QUESTIONS

- ♥ What were your favorite things to do as a child?
- ♥ What made you feel happy and safe?
- ♥ What made you feel sad, scared, or alone?
- ♥ What did you need more of?
- ♥ What did you wish a grown-up knew?
- ♥ What did you love about yourself even then?



HEALING EXERCISE

Write a Letter to Your Inner Child

Take a few minutes to write a loving letter to your younger self. Let them know:

- ♥ They are loved.
- ♥ They are safe now.
- ♥ You are here for them.
- ♥ They did the best they could.
- ♥ You are proud of them.



You can write freely below or on a separate sheet of paper.

AFFIRMATION



*I honor my younger self
with love, compassion,
and understanding.*



TODAY, I WILL...

- ♥ Spend 10 minutes journaling
- ♥ Practice self-compassion
- ♥ Notice and honor my feelings
- ♥ Do something that brings me joy
- ♥ Speak kindly to myself
- ♥ Remind myself I am enough



Healing happens when you create a safe space for your inner child to be seen, heard, and loved.

DAY 3



HONORING MY Inner Child

Today's Focus: Validation & Acceptance

Today is about showing your inner child that they matter. We'll practice validation, acceptance, and reminding them they are worthy of love.



JOURNAL PROMPT



What does your inner child need right now?
How can you offer comfort and care to them today?



REFLECTION QUESTIONS

- What helps you feel comforted when you're upset?
- Who (or what) made you feel safe as a child?
- What do you wish someone would have said to comfort you?
- What are some kind words your inner child needs to hear?
- How can you create a safe and soothing space for yourself today?



HEALING EXERCISE

Create a Comfort Basket



Gather or imagine the things that bring comfort to your inner child. These can be physical items or simple activities.

Examples:

- A soft blanket or stuffed animal
- A favorite book or movie
- Calming music or nature sounds
- Drawing, coloring, or crafting
- A warm drink or cozy treat
- Hugs, gentle words, or quiet time

List the items or activities that comfort your inner child.



AFFIRMATION



I am safe.
I am loved.
I am comforted.
I am enough.
I am worthy of love.



TODAY, I WILL...

- Give myself permission to rest
- Do something that brings me comfort
- Be gentle with my feelings
- Speak kindly to my inner child
- Create a cozy, safe space for myself
- Remind myself I deserve care



You are allowed to take up space. You are allowed to have needs.
You are allowed to care for your inner child.



DAY 4



LISTENING TO MY Inner Child



Today's Focus: Awareness & Connection

Today is about slowing down and truly listening to your inner child. They have feelings, dreams, and needs that deserve your attention and care.



JOURNAL PROMPT



What is your inner child trying to tell you today?
What feelings, needs, or wishes are they expressing?



REFLECTION QUESTIONS

What emotions do you notice coming up when you think about your inner child?

What are some things your inner child wants you to know?

What dreams or wishes did your inner child have that may have been set aside?

What does your inner child need from you right now?

How can you listen more deeply to your inner child each day?



HEALING EXERCISE

Ask Your Inner Child



Set aside a few quiet minutes. Close your eyes, take a deep breath, and gently ask your inner child these questions. Then write down whatever comes to you.

- ♥ What do you need right now?
- ♥ What would make you feel happy?
- ♥ What are you afraid of?
- ♥ What do you need to feel safe?
- ♥ What can I do to make you feel loved?



Write any messages, feelings, or images that come to you.

AFFIRMATION



*I listen with love.
I honor my inner child.
Their voice matters.
I am here for them.*



TODAY, I WILL...

- ♥ Spend time in quiet reflection
- ♥ Listen to my inner child without judgment
- ♥ Notice and honor my feelings
- ♥ Do something that brings me joy
- ♥ Create space for connection
- ♥ Remind myself I am worthy of love



The more you listen to your inner child, the more you build trust, love, and a lifelong bond with yourself.



DAY 5



NURTURING MY *Inner Child*

Today's Focus: Nourishment & Kindness

Today is about giving your inner child the nourishment they need—emotionally, mentally, physically, and spiritually—through kindness and gentle care.



JOURNAL PROMPT



What does your inner child feel nourished by?
What brings them joy, comfort, and peace?



REFLECTION QUESTIONS



What activities make your inner child feel happy and alive?



What kind of care and kindness does your inner child need more of?



Are there any needs that have been overlooked for too long?



How can you offer more nurturing to yourself each day?



What does a day of self-nurturing look like for you?



HEALING EXERCISE

Create a Nurturing Plan

List 3–5 ways you can nurture your inner child today and in the days ahead.

♥ _____

♥ _____

♥ _____

♥ _____

♥ _____



I choose to nurture my inner child with love and kindness. ♥

AFFIRMATION



*I nurture my
inner child with love.
I am kind to myself.
I give myself what I need.
I am deserving of care.*



TODAY, I WILL...

- | | |
|-----------------------------------|-------------------------------------|
| ♥ Do something that brings me joy | ♥ Take breaks when I need to rest |
| ♥ Treat myself with kindness | ♥ Surround myself with comfort |
| ♥ Nourish my body with good food | ♥ Remind myself I am worthy of care |



*Nourish your inner child today,
so they know they are loved, valued, and never alone.*



DAY 6



LOVING MY *Inner Child*

Today's Focus: Self-Love & Compassion

Today is about showing your inner child love and compassion. You are worthy of the same kindness you so freely give to others.



JOURNAL PROMPT



What does your inner child need most from you today?
How can you show yourself more love and compassion?



REFLECTION QUESTIONS



Do you find it easy or hard to show yourself love? Why?



What are some ways you talk to yourself that your inner child might find hurtful?



What would it feel like to truly love your inner child unconditionally?



What does self-compassion look like for you?



How can you remind yourself that you are enough, just as you are?



HEALING EXERCISE

Write a Love Letter to Your Inner Child



Take a few minutes to write a loving letter to your inner child.
Remind them how special they are and how much you love them.



**You can come back to this letter anytime you need a reminder of your love.*

AFFIRMATION



*I am worthy of love.
I love and accept myself
as I am.
I treat myself with
kindness and compassion.
I am enough.*



TODAY, I WILL...

-  Speak kindly to myself
-  Practice self-compassion
-  Do something that makes me feel good
-  Celebrate my unique qualities
-  Take care of my body and mind
-  Remind myself I am loved and enough



*You are loved. You are worthy. You are enough.
You are your inner child's safe place.*



DAY 7



TRUSTING MY *Inner Child*

Today's Focus: Trust & Safety

Today is about reminding your inner child that they are safe now. You can be trusted to protect, support, and guide them with love.



JOURNAL PROMPT



What did your inner child need to feel safe in the past?
What helps them feel safe now?



REFLECTION QUESTIONS

- What situations or places did your inner child feel unsafe in?
- What does safety look and feel like to your inner child now?
- What can you do to reassure your inner child in times of fear or uncertainty?
- Who are the safe people in your life today that your inner child can trust?
- What loving promise can you make to your inner child?



HEALING EXERCISE

Create a Safe Place for Your Inner Child

Imagine a safe place where your inner child can go anytime.
It can be real or imagined. Describe it below in as much detail as you can.



- What does it look like?
- What does it smell like?
- What sounds can you hear?
- What does it feel like?
- What brings you comfort there?

You can return to this place in your mind anytime you need to feel safe.



AFFIRMATION



*I am safe now.
I can trust myself.
I am here for
my inner child.
I will protect and
love them always.*



TODAY, I WILL...

- Reassure my inner child they are safe now
- Create a comforting routine or ritual
- Spend time in my safe place (real or imagined)
- Breathe deeply when I feel anxious
- Choose what feels safe and supportive
- Remind myself: I am in control now



*Your inner child is learning to trust again.
You are their safe place. You are enough.*



REFLECTION



A Week of Healing



Take a moment to pause and celebrate the time, love, and intention you've given your inner child this week.

WEEK IN REVIEW



What stood out most to you this week?

What did you learn about your inner child?

What were some moments of growth or healing?



LET IT GO



What are you ready to release or let go of that no longer serves your inner child?

*You are allowed to let go of what hurts you.
You are allowed to heal.*



WHAT I'M PROUD OF



List the things you're proud of yourself for doing this week, no matter how small.



WHAT I NEED MORE OF



What do you need more of to continue nurturing your inner child? Be honest and gentle with yourself.



LOOKING AHEAD



What are your intentions for the coming week? How will you continue to show up for your inner child?



A NOTE TO MY INNER CHILD



Write a loving note to your inner child. Let them know they are seen, heard, and cherished.



REMEMBER:

Healing is not a race.
It's a journey of love,
and every step matters.



*You are doing beautiful work.
Keep going, you are worth it.*



*Be patient with yourself. You are growing, healing, and becoming.
Your inner child is so grateful for you.*





NOTES

A space just for you.



Use this space to write freely, reflect deeply,
and honor your journey of healing and growth.



*Every word you write is a step toward healing.
Every thought you honor is a gift to your inner child.*



You Did It!

30 DAYS OF Healing Your Inner Child

You showed up. You were brave.
You chose healing, love, and growth.
That is something to be so proud of. 

Healing is not always easy, but you did the work. You listened to your heart,
honored your feelings, and nurtured the most important relationship of all—

the one you have with yourself. 



REFLECTION

Take a moment to reflect on your 30-day journey.

What has shifted for you?

How do you feel now compared to when you started?

What are you most grateful for?

What will you carry forward?



WHAT I'VE GROWN IN

-  Self-Love _____
-  Self-Worth _____
-  Self-Compassion _____
-  Boundaries _____
-  Emotional Awareness _____
-  Inner Peace _____
-  Confidence _____
-  Trust _____
-  Hope _____
-  Joy _____



A THANK YOU LETTER TO MY INNER CHILD

Write a thank you note to your inner child for being so strong,
for trusting you, and for letting you show up for them.



REMEMBER ALWAYS

*You are worthy of love. You are enough.
You are healing, and you are becoming.* 



*This is not the end—this is just the beginning.
Keep choosing you. Keep healing. Keep shining.* 



***Your 7 Days May Be Over...
But the conversation with yourself doesn't have to
be.***



***Over the last 7 days, you've created space to slow down, look inward,
and begin reconnecting with parts of yourself you may not have
listened to in a long time.
And this is only the beginning.***

Ready to go a little deeper?

21 JOURNAL PROMPTS FOR EMOTIONAL HEALING

**A guided collection of 21 intentional prompts created to help you continue
exploring the emotions, patterns, needs, and experiences that deserve a little
more of your attention.**

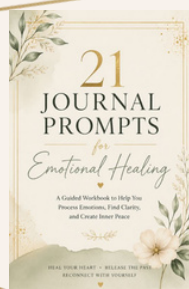
You met your inner child.

Now keep listening to what they have to say.

GET THE 21 JOURNAL PROMPTS →

Use them to create space for:

- ✨ ***Deeper self-reflection***
- ✨ ***Emotional awareness***
- ✨ ***Recognizing patterns you may have overlooked***
- ✨ ***Giving words to feelings you've struggled to express***
- ✨ ***More compassionate conversations with yourself***



No pressure to have the "right" answer.

No expectation to heal everything overnight.

***Just one prompt, one page, one honest conversation with yourself at a
time.***

Your healing doesn't need to be rushed to be meaningful.

With love,

AuraLyn Collective

AuralynCollective.com

Healing. Growing. Evolving.

