

LOVING YOUR INNER CHILD JOURNALING HANDOUT

1. What were your favorite colors as a child?

2. What was your favorite article of clothing?

3. What was your favorite snack?

4. What did you watch on TV?

5. What type of music did you like?

6. Recall a childhood friend. What was your favorite memory together?

7. What is something you are proud of about yourself as a child? (e.g., personality wise and accomplishments)

8. What is something you would want yourself to hear if you could go back in time right now?
 - a. What is that one thing you would want YOU to know?