


8 Habits 8 Weeks

Part 5: Healing Your Inner Child



Self Reflection: Take a few deep breaths and revisit your childhood. Visualize your old bedroom and meet your 5 year old self. Talk to them. Hug them. Make them feel safe!

Why This Technique Works So Well?

- You heal your past traumas and understand yourself better.
- You become that well deserved adult for your child self. The one you always desired to have.
- You can finally develop a sense of self awareness.
- You fix a lot of limiting beliefs and negative thought patterns.
- You can finally have a closure with your past self.
- You can finally forgive yourself and move on in your life.
- You can express things to your child self that you always wished to hear.

"Remember, whenever you're struggling to understand something—all you have to do is—reflect in your past. Your childhood traumas tell a lot about the kind of person you've become. Maybe start fixing the problem from where it started.

