



Reflective Journal

Part 2: Inner Child • Present Self • Future Vision

This journal is an invitation to pause, breathe, and connect with the different layers of your being. As you explore these pages, remember: your inner child, your present self, and your future vision are not separate—they are threads woven into the same tapestry of your life.

Part One: Meeting Your Inner Child

- What do you remember most vividly about your childhood self?

- If your inner child could speak to you right now, what would she say?

- How does she long to feel supported, seen, or loved?



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Part Two: Honoring Your Present Self

- In this season of your life, how do you most want to feel each day?

- What are three truths about who you are now that you want to celebrate?

- Where do you notice tension between who you are and who you are becoming?



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Part Three: Envisioning Your Future Self

- Imagine your life three years from now. Where are you, who is with you, and how do you feel?

- What qualities of your future self already exist within you today?

- Write one bold intention that your future self is encouraging you to step into right now.

