

## HOW To Use Your Inner Child Journal

I sat in darkness, questioning what I did to deserve this. How had my life gotten to this place? My adulthood was nothing like I had imagined it would be. I felt hopeless, empty inside and overwhelmed with anxiety and depression. This cannot be how I am supposed to live. I began going back, looking through the pages of my life, back into my childhood, when had I become so miserable?

I created this journal after working on getting back to that place where I could last remember feeling complete joy. Even in the midst of my somewhat crummy childhood, I knew there was a place and time when I had unlimited imagination and true freedom from the cares of the world.

Day by day I began looking for my lost inner child. I created a list of simple daily items that helped me to identify the “past agreements I had made that became negative beliefs. These beliefs were stopping me from being and loving who I really was. I had molded myself into what I “thought” I needed to be instead of being happy with who I was. As I did these things daily, I began to feel lighter emotionally. My health improved and I was able to drop weight that I previously could not get rid of. It was a complete release! The more I connected to my childlike inner self, the better my life became.

I created my Inner Child Journal Series to help you get back to that same place! Through identifying, taking simple action and rising up to a higher level vibration, you can find your joy again! The best part about this process, these things are small and doable. You begin to bring the loudness of your ego down, placing it in the backseat while your inner true loving supportive self begins to speak louder.

How To Use Each Section -

### **#Non-Negotiable**

At the start of each day, find three things that you will get done regardless. The key to this section is to base your non-negotiable items on how you FEEL. My non-negotiable items can range from doing the dishes to spending 60 minutes writing a book chapter. You don't need to take on the world everyday. Keep these aligned with how you feel. Once again, your subconscious does not understand how big or small your item is, it just sees that you completed it as a win! You suddenly realize that you are being successful each day and in turn that gives you the motivation and drive to keep going!

### **#Re-Charge**

Disconnect yourself, even if it is only for 5 to 10 min. You must do this with intention, if you idly scroll through social media posts during a break, that does not count. With intention allows you to “focus” on the fact that you are re-charging. Your subconscious mind gets into alignment and it helps you to quiet the ego chatter. This can be as simple as removing yourself from a place, sitting with some headphones in and listening to a song that makes you feel alive. I have been known to even retreat to the bathroom and run cold water on my hands for a few minutes to re-ground and re-center myself. Place in this section what you are going to do to re-charge or fill it out when you do. If you keep noticing this section being empty at the end of the day you can even include it as one of your “non-negotiable” items until it becomes a habit.

### **#Affirmation**

There are two ways to use this section, by creating a positive statement based on what and where you would like to see yourself right now, or by creating the opposite of a toxic phrase or negative belief that you have identified that you have. Think, those things that someone has told you that became a truth for you.

For example, I had a negative core belief that. “I am responsible for how others feel.”

An affirmation that I would focus on would be the positive opposite of that statement. “I am free from the binds and cords that tie me to others actions.”

You can literally create any affirmation that is in alignment with where you want to be or what you want to release. I cover this in many of my free trainings and courses. The one thing you want to make sure that you focus on is your wording. Make your wording in the “now.” This means not creating an affirmation like, “I *will be* successful in three months when xyz,” this would ensure that you will not be successful until that time passes. Also avoid the use of words like “can’t,” “won’t,” and “don’t.” The subconscious does not recognize these as a negative word. “I won’t eat any more cookies” equates to “I eat more cookies.”

### **#Gratitude**

Find something, anything to be thankful for. If you tell me that you have nothing, I will encourage you to think a little deeper. The subconscious registers you being thankful for a cup you can drink water from the same as being grateful for finding \$100 in your mailbox. Gratitude is gratitude; it is the quickest way to raise your vibrational level. It is impossible to feel gratitude at the same time as a negative emotion. You can not be angry and grateful at the same time.

### **“Noodle Space” - Your Thoughts**

This is the safe place, use it without judgment to get in connection with yourself. I write as through I am talking to myself, communicating with my best friend. The conversation is completely open, no judgment. “No one will ever read this but me,” is the mindset I take that allows me to write without restriction. There is a great freedom in getting to this safe space.

Let yourself explore those hidden pages deep inside your soul, feel safe, feel empowered to connect without self-criticism at this level. If you find a negative emotion coming up, take a moment, take a deep breath and talk to yourself about why you are feeling like this, without resistance allow yourself to explore all about this emotion and the why. You will be amazed at how much you can release by allowing yourself to “feel” in this safe space.

### **#Bonus**

This is my “atta-girl” area. I add anything during the day that I did above and beyond what I planned. Once again, ANYTHING, your mind does not care how small it is. Paint your toenails, write it down. Stay hydrated, write it down. Give yourself CREDIT.

I hope you enjoy your journal with as much enjoyment as I have had creating and bringing it to you!

Blessings!

AJ