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WELLNESS

3 Tools to Soothe Your Inner Child Today

Welcome

Inside each of us lives an inner child—our most tender, emotional, and creative self. When left unseen, this part of us can carry unmet needs, hurts, and fears into adulthood. The good news? With simple daily practices, you can soothe, nurture, and reconnect with this inner child so that you feel calmer, lighter, and more whole. This guide gives you 3 powerful tools you can start using today.

Tool 1: The Gentle Hand-on-Heart Reset

Why it works: Touch calms your nervous system and reassures your inner child.

How to do it:

1. Place your hand gently on your heart.
2. Take 3 deep, slow breaths.
3. Whisper a kind phrase to yourself: “I am safe. I am loved. I am enough.”

Reflection Prompt: Write down how your body feels after just one minute of this practice.





Tool 3: The Joy List

Why it works: Joy is your inner child's natural state. Making space for it brings healing.

How to do it:

1. Think back to your favorite childhood activities (drawing, dancing, climbing trees).
2. Create a "Joy List" of at least 5 simple activities you can do this week.
3. Commit to one small joyful act today.

Activity	Checkbox
	☐
	☐
	☐
	☐
	☐



Integration

Which tool felt most soothing to you? Commit to practicing it daily for the next 7 days.

Day	Completed
Day 1	☐
Day 2	☐
Day 3	☐
Day 4	☐
Day 5	☐
Day 6	☐
Day 7	☐