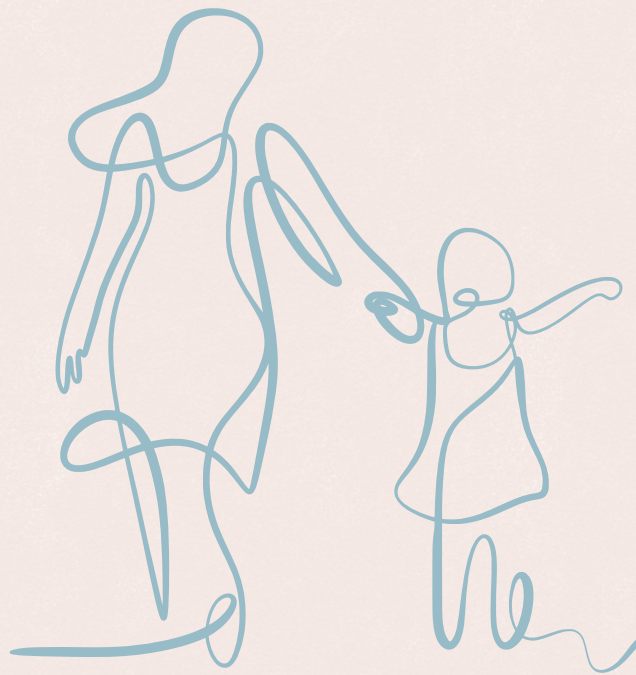


The Little-Me Journal



A 5-Day Inner Child Connection
Mini-Practice to Help You Feel
Safe, Seen, and Connected



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This is a simple five day practice to help you reconnect with the younger part of you who still lives inside your heart.

She holds your emotions, your fears, your patterns, and your deepest desires.

These daily prompts will help you slow down, feel grounded, and start building a safe and trusting relationship with her.

You only need five minutes a day.

Go slow. And always remember...

A gentle note before you begin:

If at any point an emotion feels like too much, you are allowed to pause.

You do not need to push, analyze, or get through anything. Building trust with your inner child means listening to your body and honoring your pace.

Pausing is part of the practice.





DAY I

“Good Morning, Little Me”

Intention:

Start building a gentle connection with your inner child.

Place hand on heart, take a breath and ask her...

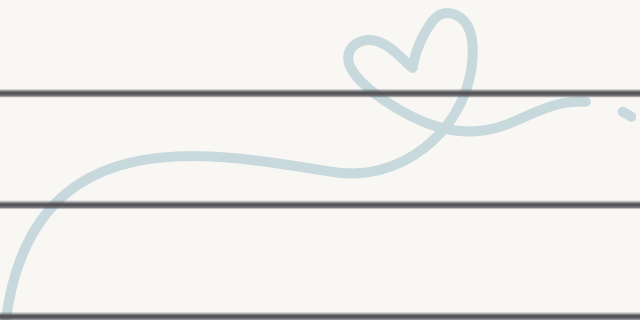
“Good morning, little (name). What do you want me to know today?”

Then let her answer.

Write whatever comes up, even if it feels simple, silly, or unclear. Even one sentence is enough.

Reflection:

- What surprised me about what she shared?



DAY 2

The 5 Core Needs Check-In

Intention: Help your inner child feel safe and cared for by meeting her five core emotional needs.

🛡️ 1. safety

🍃 2. autonomy

☆ 3. play

🚪 4. limits

💕 5. connection

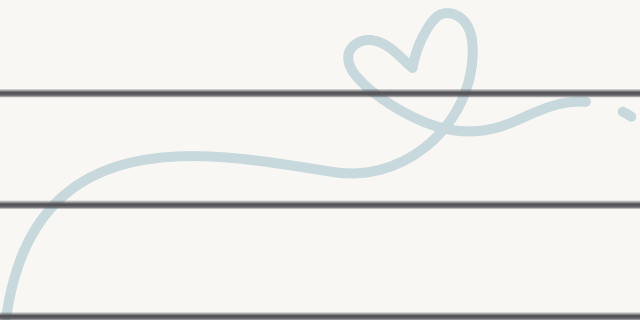
Place hand on heart, take a breath and ask her...

“What do you need most today?”

Write whatever comes out. Keep it short and simple.

Reflection:

- How can I meet this need in a small, kind way today?





DAY 3

The Self-Compassion Pause

Intention:

Break the pattern of self-judgment and speak to yourself with kindness as you would a small child.

Pause, breathe and tune into the emotion your inner child is feeling and then write

“Of course you feel this way. It makes sense because...”

This single sentence can shift your nervous system. and then,

“What do you need from me right now?”

Let her answer with one word or a simple sentence.

Reflection:

- Did this soften something inside me?





DAY 4

“What Made You Proud Today?”

Intention:

Build trust and confidence by noticing progress and allowing yourself to receive it.

Take a breath and gently reflect on your day.
Place a hand on your heart and ask your inner child...

“What did I do today that made you proud of me?”

Let her answer in her own way. Big or small.

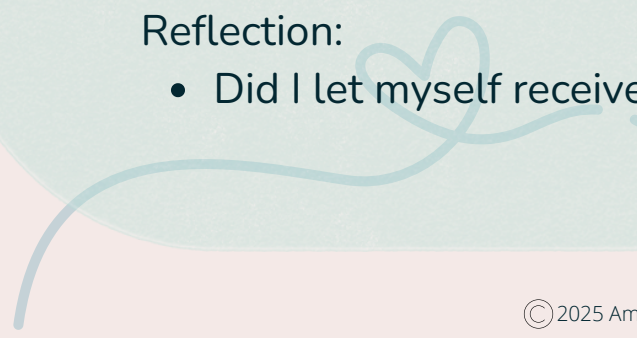
There is no right answer here.

Write what she shares.

Then pause and acknowledge it.

Recognize how you’re doing better than you think.

Reflection:

- Did I let myself receive this pride without minimizing it?
- 





DAY 5

Making Promises To Her

Intention:

Strengthen emotional safety by becoming someone your inner child can rely on.

Your inner child does not need a perfect “mother.”

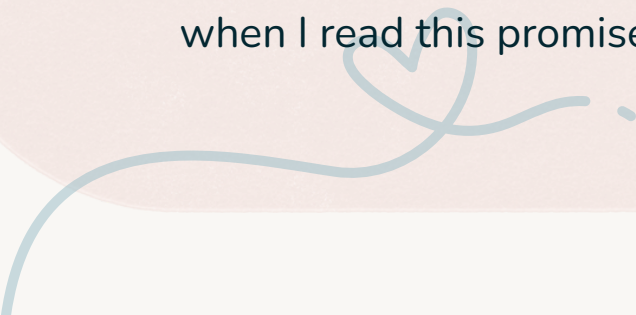
She needs a committed one she can depend on.

Trust is built in small deposits, one kept promise at a time.

Place a hand on your heart and bring to mind one small promise you want to make to her. Let it be something you intend to follow through on. Then write....

“I promise to...”

Reflection:

- Can I feel a sense of safety, not pressure, in my body when I read this promise?
- 





You Just Started Something Powerful

You took the first steps toward building a trusting relationship with Little You.

Connection is built through presence, not pressure.

If this helped you feel even a little more grounded, calmer, or more connected, trust that something is already shifting inside you.

You don't need to do this perfectly.

Your inner child doesn't need a perfect mother.

She needs a committed one she can depend on.

If you'd like, I'd love to hear from you.

You're welcome to email me one thing you learned about your inner child that surprised you.

And if you have a question or are curious to learn more, you're welcome to email me personally.

You're not alone in this. E-mail me @contact@amycolombo.com