



*Nanci Deutsch*  
Inspired & Empowered Living™

### **Worksheet Handout on Aspects of the Self**

**Journal your experience about going to your safe place. What did your safe place look like? What did it feel like? What sounds and smells did you experience?**

### **Journey to meet your Inner Child & Higher Self and Receive Healing**

**Journal your experience of meeting your Inner Child. How old was she? What did she need?**

**What was her message to you? What did she need?**

**How was it to receive unconditional love from your Higher Self?**

**What was its message to you?**

**Were you able to put your Inner Child into your heart and feel more whole and integrated? How did it feel?**

**Were you able to merge with your Higher Self and feel more of its love and light? How did it feel?**

**How do you feel different or changed by this experience?**

**Journey to Meet Your Higher Self and Receive It's Message**

**How did it feel to meet your Higher Self?**

**How did it feel to feel the unconditional love of your Higher Self?**

**What was the message your Higher Self gave to you?**

**What did you ask and receive guidance about?**

**How do you feel different or changed by this experience?**

**Journey to Meet and Connect with Your Soul**

**How was your experience of the planet and the temple?**

**How did it feel to meet your soul and deepen its connection with you?**

**What message if any did you receive from your soul?**

**How are you changed by this experience?**