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Inspired & Empowered Living™

**Worksheet handout for Meeting & Working with
Inner Child & Higher Self**

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?

