

The Inner Child Journal Kit

60 healing prompts with habit tracker

Welcome, brave one.

This little kit is your permission slip to be soft, messy, and totally honest with the tiny, patient human inside you.

Grab your softest blanket, your journal, and your favorite stuffie.

Let's go pick up your inner child!



Section 1: The 'Rules'

- **Rule #1: No Doing It Wrong.** If you laugh, cry, stop halfway, or scribble outside the lines—it all counts. You showed up, and that's the hardest part.
- **Rule #2: Safety First.** If a prompt feels too heavy, skip it! Come back when you're wrapped in a safe-space blanket. This is meant to feel gentle, not rushed.
- **Rule #3: Doodle It Out.** If you can't find the words, grab a crayon and draw the feeling. Stick figures speak fluent inner child.

Part A: Prompts for Emotional Healing & Connection

(Category 1: Prompts to Rediscover Joy)

1. What did little you love more than anything? (Bonus points if it was gloriously silly!)
2. What toy, game, or activity made you lose track of time completely?
3. If seven-year-old you walked into your room right now, what would make their eyes go sparkly?
4. What was your ultimate safe space as a kid—a treehouse, under the blankets, Grandma's kitchen?
5. How can you bring one tiny piece of that safe space into your grown-up home today?
6. What did you want to be when you grew up before the world told you to "be realistic"?
7. Describe your perfect childhood day from sunrise to bedtime.
8. Steal at least one part of that perfect day for next weekend.
9. What smells instantly transport you back to a happy memory?
10. What was your favorite silly phrase or song to sing when you thought no one was listening?
11. What compliment did you receive as a child that still makes you smile?
12. Draw a map of your happiest childhood memory.



(Category 2: Prompts for the Harder Days)

13. What's one moment little you felt really scared, unseen, or small?
14. What did you need most in that scary moment?
15. What words or messages did you hear over and over as a child that still echo in adult you?
16. When you get suddenly tearful or angry as an adult, what old memory is usually hiding underneath?
17. What role did you play in your family (the helper, the clown, the invisible one)?
18. How much of that role are you still carrying today?
19. If your inner child could tell you the one thing they needed to hear back then, what would it be?
20. What is the feeling little you had to push down the most to be accepted? (e.g., anger, sadness, excitement.)
21. Identify a coping mechanism you learned as a child (like freezing or people-pleasing). How does it still protect—or hurt—you today?

22. What was the first time you realized the world wasn't safe/fair? Write about that moment.
 23. What promise did little you make to yourself about "how things would be when I grow up" that you can finally release?
 24. What lie did you have to believe to survive your childhood environment?
 25. What is the biggest secret little you kept? How can adult you finally give that secret compassion?
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(Category 3: Reparenting Prompts)

26. Write a letter from adult you to little you. Tell them they're safe, loved, and never too much.
27. Write the reply from your inner child. (Use your non-dominant hand!)
28. What's one boundary adult you can set this week that would make little you feel protected?
29. Pick one hard memory. Ask: "What did I need then? How can I give a version of that to myself today?"
30. Imagine your inner child fully healed and grown into the adult you're becoming. What are they laughing about?
31. What are they no longer afraid of?
32. Daily check-in prompt (use this every night): "Little me, how was your day? What do you need from big me tomorrow?"
33. Write a script for the comforting conversation you wish you'd had with a trusted adult.
34. Choose an item you loved as a child (a blanket, a toy). Write a promise to that item that you will care for yourself the way you cared for it.
35. What is one habit or routine you can create this week that is purely for comfort, not productivity?
36. What is one piece of adult responsibility you can deliberately take off your inner child's shoulders? (e.g., taking care of a parent, being the perfect student.)

Part B: Prompts for Daily Integration & Maintenance

(Category 4: Living the Change)

37. The "Adulting Is Hard" Prompt: When your adult stress hits a 10/10, what is the one thing little you would let you get away with? (A 2-hour nap? Cereal for dinner? Do it.)
38. The Inner Child Date: Plan a special date this month where you only do things your younger self would love. Write about the experience.
39. The Boundary Check: Write down a person or situation that consistently makes you feel anxious. How would a parent fiercely committed to protecting your inner child handle this?



40. Use that answer to set one clear boundary this week.
41. The Future-Self Letter: Write a letter to yourself one year from now. What progress do you hope your inner child has made?
42. What joy do you hope they have rediscovered?
43. List five things you don't have to do anymore because you are a safe adult now.
44. How does your inner child want to communicate when they are overwhelmed? (e.g., retreat, yell, cry, hide.) Write down a healthy substitute for that reaction.
45. What is the kindest thing you did for yourself this week that your inner child noticed?
46. What small, simple pleasure did you deny yourself today? Why? How can you give it to yourself tomorrow?

Bonus Prompts for Deeper Self-Care

47. When did you first learn that rest was "unproductive"? Write a counter-argument to that belief.
48. What does your inner child want to be when they are the grown-up?
49. What is your inner child's favorite color? Try wearing it tomorrow.
50. What does unconditional love look like to little you?
51. What is one song that immediately brings little you comfort? Listen to it right now.
52. If you could give little you one superpower, what would it be?
53. What did little you teach adult you today?
54. The "Inner Child Inventory": Write down 5 things you want to keep about little you (creativity, curiosity, etc.) and 5 things you want to let go of (fear of failure, people-pleasing, etc.).
55. If you could give little you an apology, what would it be for?
56. List three self-soothing tools you can use before you reach a breaking point.
57. What is a "magical thinking" idea that little you believed (e.g., if I wish hard enough, it will happen)? How can you honor that longing with adult resources?
58. What is a dream you gave up on? What is one tiny, zero-pressure step you can take toward it today?
59. Write a poem or song about the journey from scared child to safe adult.
60. What is one thing you can commit to doing every single day to remind your inner child: "I'm here now, and I'm never leaving you again"?



Part C: The Habit Tracker

How to Use This Tracker

Every day you complete a prompt, show up for yourself, or do a self-care ritual (even just lighting your favorite candle to enjoy), you get a win!

Use your favorite markers to fill in the stars.

Reward yourself for your effort at the end of each week.

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You've got this. Stay soft, stay brave, and keep growing.

