

REAWAKEN YOUR INNER CHILD

A 7-Day Journal Experience



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Welcome to the Inner Child Journal

There's a sacred kind of remembering that happens when we pause long enough to listen to the small voice within—the one we silenced long ago in order to survive, to succeed, to be loved.

That voice belongs to your inner child.

She is not a weakness to outgrow. She is not naïve, broken, or inconvenient.

She is the essence of who you are. She holds your joy. Your truth. Your playfulness. Your wonder.

She also holds your earliest pain—your unmet needs, your core beliefs, your emotional blueprint.

Many of us learned, often without words, that parts of us were “too much.” Too sensitive. Too emotional. Too loud. Too dreamy. So, we split. We learned to suppress what was real in order to be accepted. In that process, we began to sever ourselves.

But the truth is—wholeness was never about perfection. It's about integration.

This 7-day journaling experience is an invitation to gently, lovingly reconnect with the parts of you that got left behind. The little girl who once danced freely, asked big questions, cried when she needed to, and trusted her own voice.

She's still within you, waiting not to be “fixed,” but to be felt.



As you move through these pages, you'll explore the stories you've carried since childhood, uncover the roles you were taught to play, and make space for the emotions you've tucked away. You'll remember what joy felt like before it was judged. You'll grieve the parts of you that were shut down. And most importantly—you'll begin to nurture your inner child with the compassion and care she's always deserved.

Because when we tend to her, we awaken a deeper version of ourselves—one that is radiant, grounded, creative, and whole. We stop performing. We start living. We stop surviving. We start sovereigning.

Let this journal be your soft place to land. A sacred space to reconnect. A gentle return to the girl within—and the woman she's becoming.

You don't need to do this perfectly. You only need to be willing. You are safe to feel. You are ready to remember. You are worthy of coming home to yourself. And most of all - be gentle with yourself - she was doing what she had to.

With love and belief in your wholeness,

Kate Parker

Empowerment Coach & Founder, Reawaken Coaching



Guidance for your Journey

This journal is not a test or a task—it's a gift. A moment carved out just for you. So as you begin, I invite you to approach it with gentleness, curiosity, and an open heart. There's no right way to do this—only your way. I've allocated one page per day to not be so overwhelming - but if you need more pages, please do that.

Here are a few gentle suggestions to support your experience:

🌿 Create a quiet ritual. Light a candle. Make a cup of tea. Play soft music. Let this be a sacred space just for you—free from expectation or performance.

✍️ Let it be messy. You don't need perfect words or polished insights. This isn't about being eloquent—it's about being honest. Let your pen move freely. Let your heart speak first.

💧 Feel what comes. You may laugh. You may cry. You may feel resistance. That's okay. Trust that whatever arises is exactly what wants to be seen. You are safe here.

📅 Go at your own pace. This is a 7-day journey, but it's not a race. If you need more time, take it. If you need to pause and breathe, do. The healing happens in the space between.

👣 Come back to the body. After journaling, place your hands over your heart or your belly. Breathe. Whisper kind words to yourself. Your inner child hears you.

🌸 Be playful. Invite colour, creativity, art, or movement into the process if it feels good. Healing doesn't always look heavy. Sometimes it looks like joy returning.



Day 1: The Split

When did I first learn to hide parts of myself?

- Can you remember a time in your childhood when you felt like you had to become someone different to be loved, accepted, or safe? What part of you got left behind in that moment?



Mini-Practice:

- Draw a simple timeline of your life. Mark the moments where you “split”—even subtly—from your true self. Offer each moment compassion.



Day 2: The Good Girl Code

Who did I believe I needed to be?

- What roles did you adopt growing up? Were you the helper, the achiever, the peacekeeper? What did those roles cost you emotionally?

Mini-Practice:

- Write a letter to your younger self, letting her know she never had to be perfect to be loved.



Day 3: The Voice Within

What has my inner child been trying to tell me?

- If your inner child could speak freely right now, what would she say? What does she want, need, or miss?



Mini-Practice:

- Set a timer for 5 minutes. Let her speak through your pen without judgment or editing.



Day 4: Play as Power

What did joy look like before I was taught to “perform”?

- What brought you pure joy as a child? What activities made you lose time and feel fully yourself?



Mini-Practice:

- Do one of those things today. It doesn't need to be perfect. It just needs to be felt.



Day 5: The Grief & The Gold

What do I need to grieve—and what beauty do I want to reclaim?

- What are you grieving from your childhood? And what beautiful parts of yourself are you ready to reclaim?

Mini-Practice:

- Write a farewell letter to one version of yourself you're ready to release—and a welcome letter to the part of you that's returning.



Day 6: Integration

How can I live more aligned with my whole self?

- If your inner child sat beside your current self, what would she ask you to change about your life? What would feel more true?



Mini-Practice:

- List 3 small ways to bring more emotional honesty, play, or authenticity into your daily life.



Day 7: Sovereignty

I am not severed. I am whole.

- What does sovereignty mean to you now? How does your inner child support your feminine power, your Queen energy, your leadership?

Mini-Practice:

- Create a declaration of wholeness. A mantra, a poem, or a sentence that affirms who you are—fully integrated.



The Return to Wholeness

You've reached the end of this written journey—but truly, this is just the beginning of a deeper relationship with yourself.

By showing up each day, by writing honestly, by feeling what's been buried—you've already started to sew yourself back together. Piece by piece. Breath by breath. Truth by truth.

Your inner child isn't "healed" like a broken thing is repaired. She is witnessed.

She is heard.

She is brought back into the circle of who you are.

That, in itself, is transformation.

So as you close this journal, take a moment to honour the you who showed up. The you who chose curiosity over numbness. The you who is reclaiming softness, strength, and sovereignty.

Here are a few ways to complete this journey with intention:

- Write a love letter to your inner child. Thank her. Celebrate her. Promise to keep listening.
- Choose a symbol that represents your integration—a shell, a crystal, a feather, a piece of jewellery - even a stone. Keep it somewhere visible as a daily reminder that you are whole.
- Create a "reconnection ritual." Whether it's a weekly check-in, a monthly solo date, or a spontaneous dance party—find small ways to stay in relationship with her.
- Tell someone you trust. Share something you discovered. Being witnessed in your healing amplifies its power.

You are not who you were when you began.

You are wiser, softer, clearer.

You've returned to something ancient and true within you.

Kate

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