

# Letter to your inner child

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## **How to use this journal:**

Think of a time in your life when you needed some extra encouragement, wisdom, or support that you didn't get, and follow the journal prompts below to try to craft a letter to yourself at that age.

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- **What time in your life would you like to go back to?**

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- **What do you feel like you needed at that age but didn't get?**

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- **What would you have liked to hear from your future self at that age?**

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- **What unresolved problems do you have now that you feel stemmed from that time in your life?**

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- **What would you say to your younger self if you were in the room with her?**

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