Becoming You:
The Past

What did I love to do as a child? When did I feel the most free and alive?

Do I still do any of that today? How can I bring more of that play and joy into my life?

What happened when I expressed myself as a child? How did it make me feel?

What's my pattern when it comes time for me to take up space? Do I hide? People please? Keep quiet? Retreat into myself?

Write a letter to your inner child. What do you want her to know now that you've reconnected with her? How will you show up differently for her?