

Welcoming Your Younger Self

PART I: YOUNGEST SELF

Bring to mind the very youngest image of yourself as a child, as far back as you can remember. If nothing comes to mind, grab a photo (or a few photos) of yourself as an infant or toddler (below the age of five).

- How old is this child?
- What is his or her face and body language telling you?
- What is this child thinking and feeling still?

What happens when you imagine and welcome your very youngest self?

What happens if you imagine and welcome that part too?

NOTES

