

Inner Playful Child Collage



Step 1. Make a list of things you do in your day to day life.

Step 2. Imagine and journal about how your inner playful child might inspire you do these day to day things in a new way.

Step 3. Take photos of yourself doing these activities inspired by your inner playful child.

Step 4. Create a collage of these photos and place it in a visible place to remind you of your inner playful child's vital presence within you.



**Make a list of 30 positive childhood memories and then write
Your Once Upon A Time Story**



Daily Inner Child SoulCollage Card Reading Practice

Pick 3 cards each morning and place them on your altar.

Ask your cards these 3 questions:

What do you want to tell my inner playful child ?

How do you want me to play today?

What dream can I explore today?

Meditate on your IAOW statement

Consider transforming your IAWO statements into affirmations

Notice the ways you viscerally connect with the physical resonance with each card

