

# THE NURTURED CHILD TOOLKIT

Journaling Prompts, Self-Soothing Exercises,  
and Daily Practices for Inner Child Healing

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From CEN to Wholeness

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# Welcome

This toolkit is designed to help you **connect with the child inside you who longed to be seen, heard, and comforted**.

Use these exercises slowly and gently. Even brief practices, repeated consistently, are deeply healing.

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## Daily Check-In

**Purpose:** Notice your feelings and recognize your inner child.

**Practice:**

1. Sit comfortably, softening your gaze.
2. Ask quietly: *"What does my younger self need right now?"*
3. Notice sensations, memories, or emotions without judgment.
4. Write 2–3 sentences about what you notice.

**Example Prompt:**

- "This morning, my inner child feels \_\_\_\_\_ because \_\_\_\_\_."
- "I am noticing my younger self wanting \_\_\_\_\_."

Day 1:

Day 2:

Day 3:

Day 4:

Day 5:

Day 6;

Day 7:

# Somatic Self-Soothing

**Purpose:** Signal safety to your body and nervous system.

**Techniques:**

- **Heart-Hand Connection:** Hand over chest, slow breaths, whisper: *"I am here. You are safe. You are seen."*
- **Grounding:** Feet on the floor, noticing weight and contact, imagining your younger self supported.
- **Gentle Movement:** Stretching, yoga, walking, rocking while tuning in to your inner child.

**Example:**

- Feeling anxious? Wrap yourself in a soft blanket, breathe deeply, and imagine a comforting hand on your shoulder.
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# Expressive & Creative Practices

**Purpose:** Give voice to previously unmet feelings.

**Journaling Prompts:**

- "When I was small, I wished someone would notice me when..."
- "One thing I wanted to hear from a caregiver was..."
- "If my younger self could ask for comfort today, it would be..."
- "A memory that still makes me ache is..."
- "A moment when I felt unseen but wanted to be held is..."

### **Creative Alternatives:**

- Draw, color, or build a small sculpture representing your inner child's current feelings.
- Write a short letter to your younger self with compassion and reassurance.

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## **Inner Dialogue & Affirmations**

**Purpose:** Build internal presence, reassurance, and trust.

**Practice:**

- Speak directly to your inner child: *"I see you. I hear you. I am here for you."*
- Daily affirmations:
  - *"I am worthy of love and care."*
  - *"It is safe to feel and express my needs."*
  - *"I can comfort and protect myself."*

**Examples of Dialogue Prompts:**

- "I notice you feel scared. What would help you feel safe right now?"
  - "I am here. You are allowed to take up space."
  - "Let's breathe together for a few moments."
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# Relational Practices

**Purpose:** Practice receiving care and presence externally.

## Suggestions & Examples:

- Share small truths or feelings with a trusted friend: *"I feel anxious today and could use a moment of listening."*
  - Attend a support group or therapy session for consistent emotional reflection.
  - Practice asking for help: e.g., request a ride, help with groceries, or a brief conversation about feelings.
  - Schedule small relational rituals (coffee with a friend, phone check-ins) to create a sense of reliability.
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# Routine and Consistency

**Purpose:** Reinforce safety and predictability for the inner child.

## Daily or Weekly Practices:

- Morning/evening rituals: journaling, affirmations, or self-soothing
- Weekly reflection: noticing moods, small victories, moments of joy
- Body care: consistent meals, hydration, movement, rest

**Prompt:** "This week, I showed care for my inner child by \_\_\_\_\_."

Week 1:

Week 2:

Week 3:

Week 4:

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## Final Words

Each step you take, even briefly, **re-parents your inner child**.

There is no perfect sequence — small, consistent actions matter most.

Over time, your inner child learns that presence, warmth, and care are now available — both from within and from trusted relationships around you.

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