

Transcript Day 2 – Inner Child Home Tour

So this is month of magic day two. It is lovely to be with you. What are we going to do today? So if you are using the magic box to put all of your tips and ideas in today is something called Inner Child Tour.

So what I'm going to ask you to do is If you haven't worked with inner child before think about a time when you were younger. Think about an image of what you looked like. Think about maybe some gentle aspects of what you were going through. When I say the words Inner Child and shut your eyes, what does it bring to the surface for you.

When you get a sense of your inner child I want you to take five minutes or less and take your inner child around the space where you live.

I want you to introduce them to your home. As if it were an imaginary friend, but speak to them the way you would speak to a child. Do the guided tour, show them the highlights. Show them your favourite bits. Go over the whole thing in your head, explaining why these are the special bits of your home. The space where you like to sit, or eat or rest. It should take five minutes or less but you can do it for longer if you wish.

This is about you exploring your living space but taking a part of yourself, your child self, with you in the now.

If you've got young kids you could even do it with them.

I want you to be really flexible with this approach because you are your own best expert.

When I did this for the first time I did it in my head - I didn't actually do the physical house tour and I kind of wish I had.

I was in bed I was doing and I thought okay. I'll just shut my eyes and I'll do it. It worked I still got a lot out of it However, if you can do the physical walk-through I guarantee you'll get more bang for your buck This is the sort of exercise where I don't know what's gonna come up for you I don't know how you feel about where you live I don't know what your special items are, your favorite place to sit, your best place to eat. I don't know what the favorite room in your house is but I want your inner child to find out. I want you to tell them.

Now this is a two -day exercise so it's really important that you do this today and come back tomorrow on day three and then I'll show you the second part of this.

This is really setting up what we're going to do tomorrow.