

THE CARING FOR ME COLLECTION



A JOURNAL TO RECONNECT WITH YOUR INNER CHILD

Coming Home to Me



30 days to listen to, understand and care for her

30
DAYS



This journal belongs to



MY NAME

START DATE

WHY I AM STARTING THIS JOURNAL

These pages are an invitation to look at your story with tenderness, respect and freedom.

Welcome back



You can approach your childhood without demanding perfect memories or immediate answers.



1

Remember

Recover scenes, sensations and wishes without forcing yourself to rebuild it all.

2

Understand

Look with adult eyes at the ways you learned to protect yourself.

3

Support

Offer yourself the attention, boundaries and tenderness you need today.

You're not looking for a perfect childhood. You're looking for a kinder relationship with the story you carry.