

30 affirmations to heal your inner child

1. I forgive and love my inner child.

2. I am healing my inner child.

3. I honor and nurture my inner child.

4. I accept and appreciate my inner child.

5. My inner child is safe and loved.

6. I am proud of my inner child and all it's done.

7. I trust my inner child's instincts and decisions.

8. I allow my inner child to express all emotions.

9. I am healing and growing with my inner child.

10. I give permission to my inner child to be happy and loved.

11. My inner child is worthy of a fulfilling and happy life.

SEE ALL



Affirmations For The Inner Child

Lauren Gardner



Affirmations For The Inner Child:

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