



# JOURNAL

30-Day Habit Changing Exercise+  
How To Talk To Your Inner Child  
Destiny Architecture™

# Areas of Focus

HEALTH

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WORK

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TRAVEL

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FAMILY

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FRIENDS

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MONEY

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# 30-DAY CHALLENGE

NEW HABIT: \_\_\_\_\_

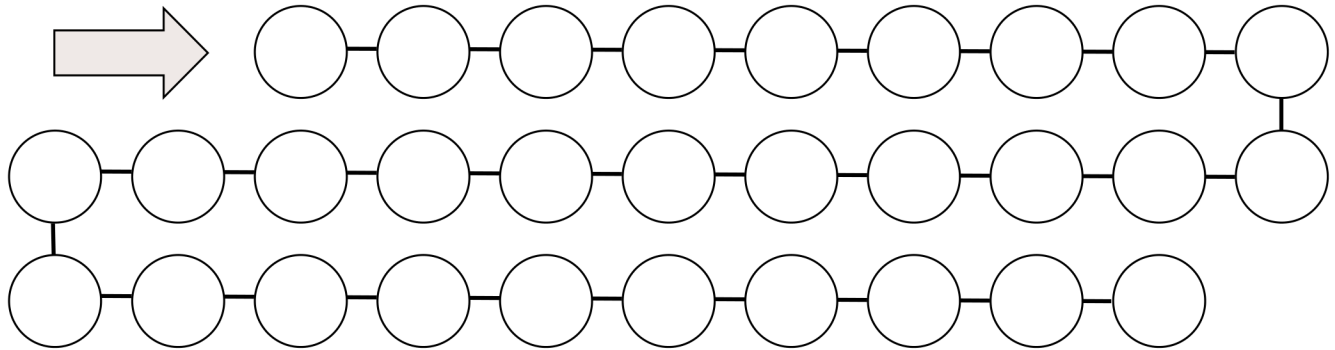
Why is this important for me? \_\_\_\_\_  
\_\_\_\_\_

Strenghts: \_\_\_\_\_

Weaknesses: \_\_\_\_\_

Reward: \_\_\_\_\_

*Let's do this!*



How did it go? \_\_\_\_\_  
\_\_\_\_\_

What did I learn? \_\_\_\_\_  
\_\_\_\_\_

RATE THIS CHALLENGE



# Week 1



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

# Week 2



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

# Week 3



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

# Week 4



MONDAY

TUESDAY

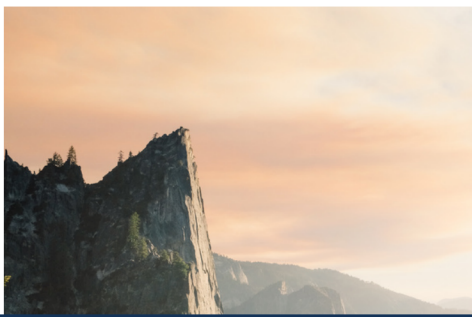
WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



# Changing my story

## A CONVERSATION WITH MY YOUNGER SELF

Get into a quiet and private place so you can answer the following questions and really journal it out in order to change the story you've carried for so long. Take as much time as you need.

At what year in your childhood did you begin to feel lack? Think back to a story of being "poor" or "not enough." How old were you? What year was it?

Let's jog that memory... What did you look like? What did you wear? What movies or TV did you watch? Where did you live? Clearly envision yourself at that age in your mind. Make notes here. Bonus: Play music from that year. Also, how does Today You recreate this scene?

Describe the moment of lack as your Childhood Self to your Today Self.



# TALKING TO YOUR YOUNGER SELF

## AND LISTENING FOR THOSE A-HA MOMENTS

Describe, as your Child Self, to your Today Self, how it made you feel:

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Use your Today Self to explain to your Child Self that you are a child & it's not your fault or responsibility to compensate for adults' failures -- to provide for yourself., etc., Whatever comes up!

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Today You needs to ask Child You, "Who do you look up to and admire? Why?" Just listen.

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Does Today You need to tell Child You that you grow up and it gets better? Do you need to tell your inner child that you will have the freedom to make your own choices someday? Tell Child You what she needs to hear in order to feel better and survive her "now."

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# WHAT ARE YOUR INNER CHILD'S FEARS?

**Write them down below.**

Is she afraid of not making friends? Is she afraid of not fitting in? Is she afraid of being labeled a "have not," or a "poor kid," or "trashy?" Is she afraid to walk home alone? Is her home scary and school her respite from a bad home life?

What can Adult You tell Child You about these fears?



## REMEMBER: HER FEARS ARE VALID

Do not belittle her fears; Child You probably gets enough of this where she lives (in your past).

Give Child You what she needs to be confident and less afraid. Tell her here, in this space. This is your gift to her. Be generous:

## TELL HER WHAT'S IMPORTANT

Don't worry about:

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This is going to be fine:

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This is why you're awesome:

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This is going to work out, too:

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TELL YOUR INNER CHILD WHAT SHE DOESN'T NEED TO WORRY ABOUT:

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TELL HER WHY SHE DOESN'T NEED TO WORRY ABOUT IT:

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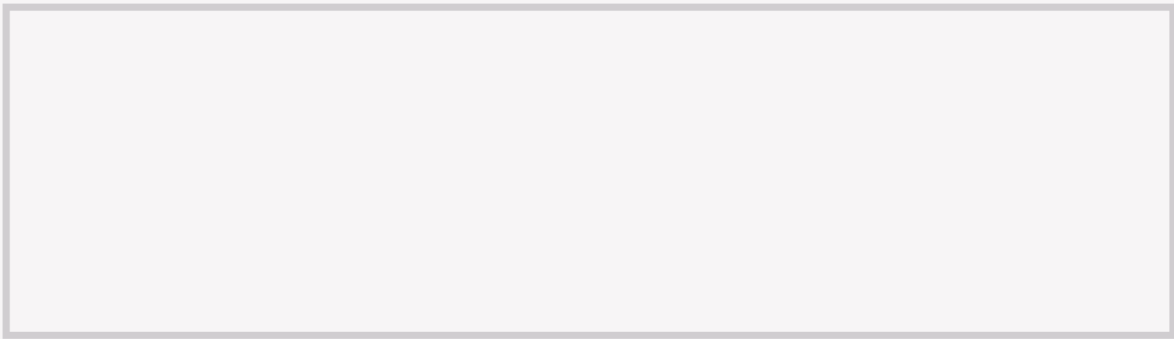
# Now, you start choosing how to change the story

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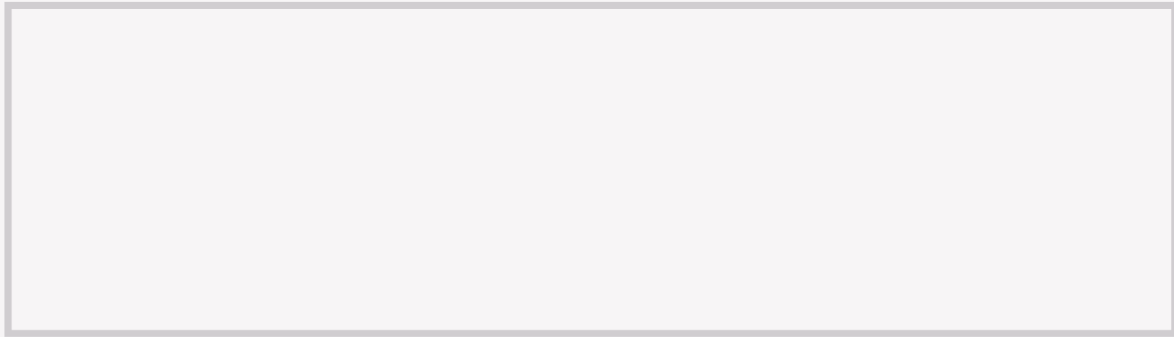
## Write it down

Honor how interesting the process is.

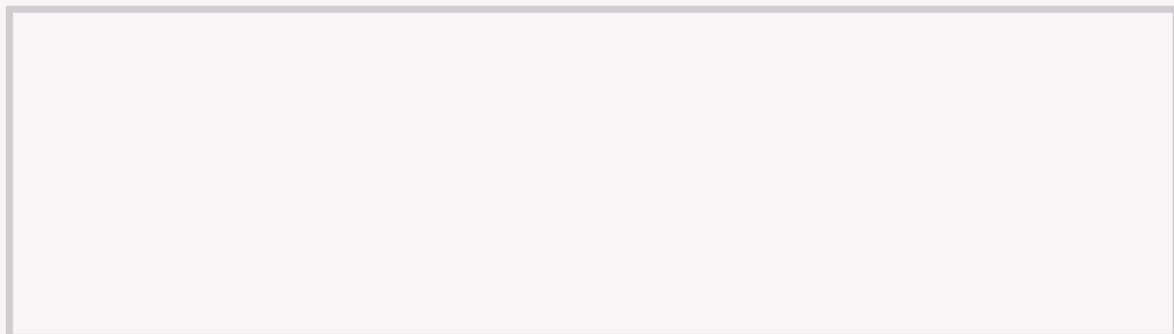
What did Child You believe about that situation of (perceived) lack?



Make a list of healthier beliefs you can replace the above belief with:



What interesting thing are you learning about Child You through this exercise?



IS YOUR INNER CHILD  
JUDGING YOU?  
LET THOSE  
JUDGMENTS GO.

\*Be careful not to ask too much of Child You. Give her more than you take. Nurture her.

WHAT CAN YOU GIVE HER TODAY THAT WILL HELP ARM & EQUIP HER FOR HER LIFE?

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WHAT CAN YOU TEACH HER OR GIFT TO HER?

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GIVE HER LOVE, GIVE HER HONESTY.

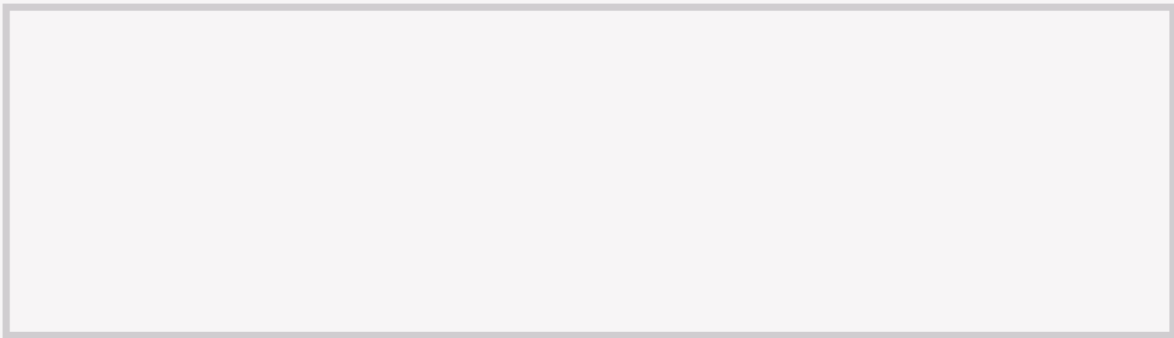
**What qualities did Child You have that  
Today You doesn't like? Forgive this in her.**

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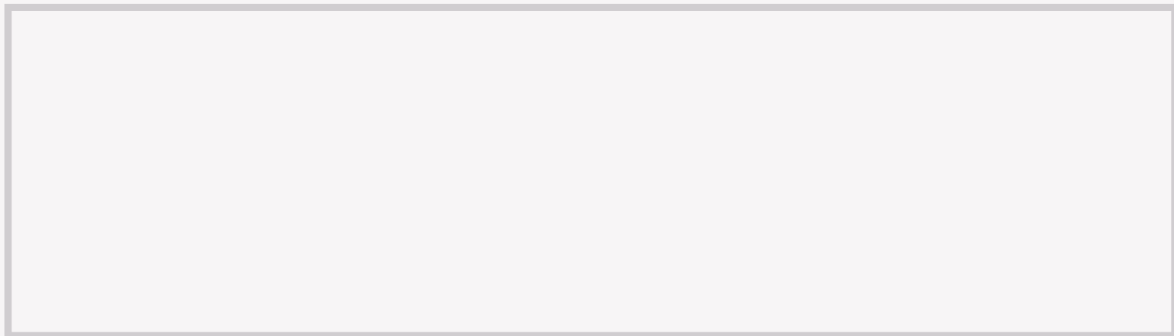
## **Creative Exercise**

Can you give your mom/dad/caretaker a day off and use it  
to babysit and PARENT Child You for the day?

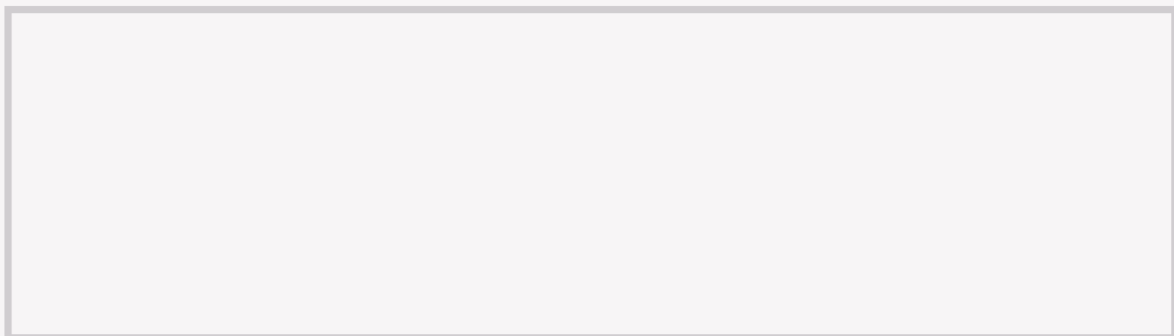
What would you do together?



Where would you take her?



What would you give/teach her?



How will you parent her today to rewrite whatever stories need to be rewritten so that she can be free?



## TEACH HER SHE IS ENOUGH

Tell Child You she is ENOUGH and that she is NOT defined by labels or society's definitions or expectations.

Now that you've "spent the day" with Child You, can you forgive her for giving you the stories you lived by for so long? Can you release them? Do a little ceremony if you have to. Write those beliefs/stories down on paper. Then shred them!

Now, create a modern-day story for Today You.

Make a list of ways you choose to define Today you:



**This is a workbook written by Certified  
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