

Based on the **Change it! Reframe it! Recreate it! exercise above**, everyday in the AM when you wake up, before you have lunch and at night before you go to sleep, starting now (don't stop until you're engaged), do the following:

Look into a mirror, and gaze into your own eyes--into your soul. Notice what you are experiencing as you look into your own eyes. Do you feel shame, anger, sadness or discomfort? (It feels uncomfortable, you're doing it right and it will get easier and you will grow to love this exercise). (This takes about 30 seconds to a minute.)

Put your inner child into your heart and breathe. Then with so much empathy and compassion for yourself (i.e., your inner child), say your name and tell your inner child those things that you wanted to hear from your parents all those years ago—and what you want your inner child to know today since you are the parent now.

You might say something like:

“[Your Name], I love you unconditionally. You are lovable and you deserve love. You are valuable, talented, and I am here for you.

[Say your name], you are safe with me always, I will protect you, what you want matters,

I have your back and will always be here for you.

I love you unconditionally.

It's safe to play. You can just be you and I will never leave you.

I will always protect you.

I will support you always and really see you.

This process takes about 3 minutes.



You're going to be the parent you always wanted and needed for the rest of your life.

Now is your time to think differently—and to nurture yourself and to be in your heart. You now have the distinctions. It's a time of exploration and stepping out of autopilot thinking—to transcend the status quo and to change your reality to attract the love you deserve.

Let's Write

How does it feel to be parenting yourself? What does this mean to you, and for your future?

