



The Inner Child
**BUSINESS
BREAKTHROUGH**

3 POWERFUL AF EXERCISES TO BREAK FREE FROM
STUCK ENERGY & ATTRACT ALIGNED CLIENTS

Welcome!

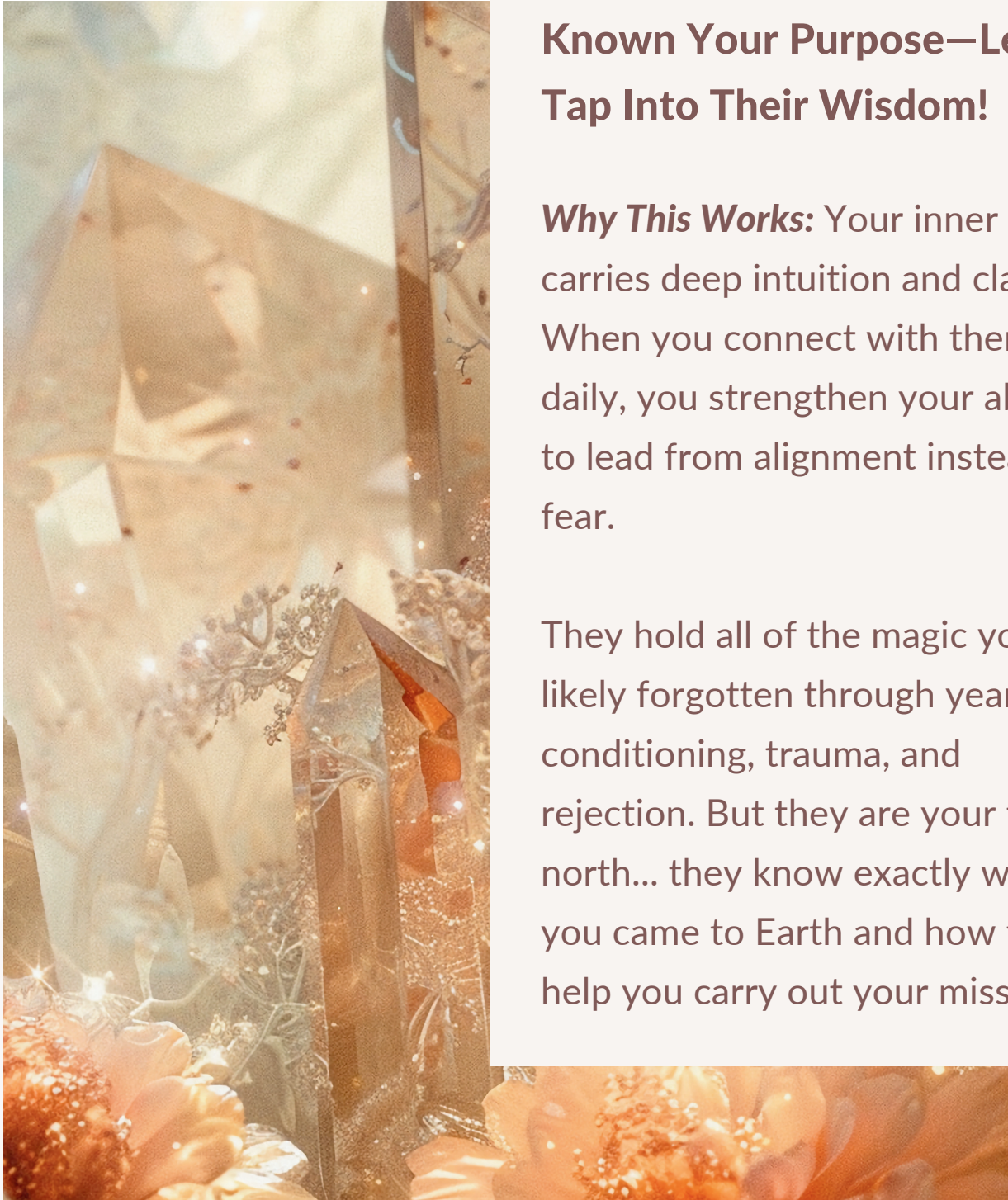
If you've ever felt stuck in your business—like no matter how hard you try, *things just aren't clicking*—it's not because you need another strategy. It's because your **inner child is waiting to be heard.**



Your inner child holds the key to your most **authentic, confident, and magnetic self.** But when they feel ignored, they create **subconscious blocks** that show up as self-doubt, fear of visibility, and hesitation in your business.

These three simple exercises will help you **reconnect, realign, and break through those hidden patterns**—so you can show up powerfully and attract the clients who are meant for you. ✨
Before you begin, create a safe and happy space to do this work - a room in your house, a corner (like a meditation space), or even your favorite comfy chair. Let's get started!

EXERCISE 1: MEET YOUR INNER CEO



Your Inner Child Has Always Known Your Purpose—Let's Tap Into Their Wisdom!

Why This Works: Your inner child carries deep intuition and clarity. When you connect with them daily, you strengthen your ability to lead from alignment instead of fear.

They hold all of the magic you've likely forgotten through years of conditioning, trauma, and rejection. But they are your true north... they know exactly why you came to Earth and how to help you carry out your mission.

HOW TO DO IT



1

Find a quiet space, close your eyes, and take three deep breaths.

2


Picture your younger self sitting across from you.

3

Ask them: “What do you want me to know today?”

4

Write down whatever comes up—trust it, even if it feels small.





EXERCISE 2: INNER CHILD BUSINESS BRAINSTORM

Your Business Feels Hard? Let's Bring Back the Joy!

Why This Works: Your inner child is naturally creative, playful, and free. When you involve them in your business, things become exciting again—clients feel that energy! Your inner child knows the exact path to your happiest, most authentic, and most aligned self. You're building a relationship with them through these exercises... trusting each other is going to get easier as you follow this process.

How to DO THIS EXERCISE

Remember to let things flow, try not to force - and just have fun. Your inner child has answers you never would have thought of... let them share these with you!

1



Start by imagining your 5-year-old (or whatever age you see them) self is now your business partner. They might even be dressed up in a little suit, ready to consult with you. You're going to take their suggestions seriously!

2



Ask them: "What would make this business more FUN? What feels exciting?" Give them time to answer, and jot down anything that comes up - even if you're not sure about the download.

3



Write down at least three playful business ideas—big or small. Whether it's their idea for a new strategy, or something else entirely that they think would be fun... write it all down!

EXERCISE 3: FEAR RELEASE & REPARENTING RITUAL



Why This Works:
Most business fears (fear of selling, fear of visibility, fear of success) are rooted in childhood wounds. This exercise helps you heal them.

Time to release the blocks keeping you stuck! This is something you're going to learn here as you work through this workbook, but take with you in your day to day life and do as often as you can to anchor this powerful practice in.

By practicing this simple exercise, you are gently reparenting your inner child, giving them the safety and reassurance they needed back then—but from the empowered version of yourself today. This shift allows you to move through fear rather than be stopped by it, creating a new reality where showing up, selling, and succeeding feel safe, aligned, and exciting.

HOW TO DO IT

1

When fear comes up, place your hand on your heart.

2

Say to yourself: "I see you. I hear you. I've got you now."

3

Visualize hugging your inner child and reassuring them that it's safe to move forward.

4

Say this mantra: "*It's safe for me to be seen. It's safe for me to succeed.*"



BONUS *Journal* PROMPT

This is your POWER MOVE journal prompt. Let your inner child guide the way on your next aligned action steps.

If my inner child could take the lead in my business for one day, how would they shake things up? What rules would they break?

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Thank you so much!

I AM SO GRATEFUL TO BE A PART OF YOUR JOURNEY

When you integrate your inner child, you step into confidence, creativity, and alignment—and business starts to feel GOOD. Thank you for allowing me to hold space for you on your path to being your most authentic and badass self.



If you're ready to go even deeper, I'd love to **invite you to a private 1:1 Inner Child Business Breakthrough Session** where we dive into your unique blocks and create an aligned action plan together.

SCHEDULE YOURS!

You are so magical. Please never forget how magical you are. Thank you for existing, and for healing and growing. So much love for you. xoxo - Jen



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