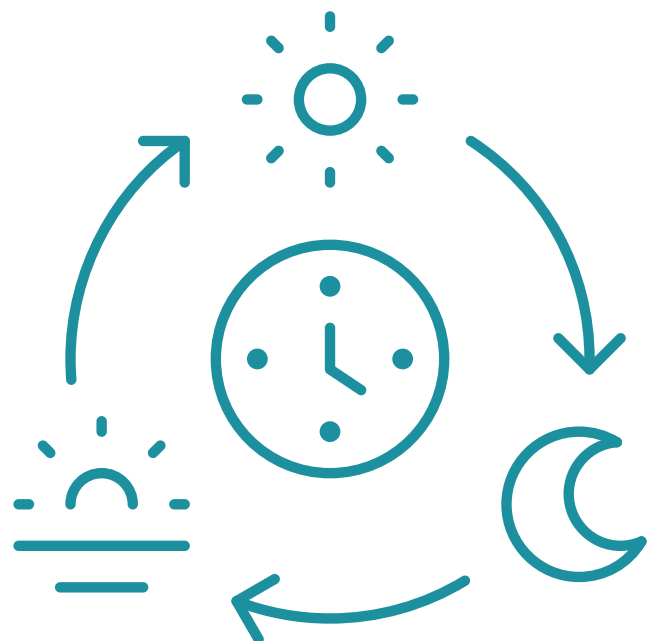


Daily Integration Plan

www.vmindcare.com

Healing isn't just about profound moments; it's also about consistent, loving action. This Daily Integration Plan is designed to seamlessly weave your inner child healing journey into the fabric of your everyday life. By dedicating just a few minutes each morning, midday, and evening, you'll cultivate a continuous dialogue of care, understanding, and love for your inner child, transforming your days from the inside out.



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Morning Routine (5 minutes):

- Greet your inner child upon waking
- Ask her: "How can I care for you today?"
- Set a loving intention for the day

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Midday Check-in (3 minutes):

- Pause and ask: "How is my inner child now?"
- If she's stressed: breathe and send love
- Adjust the rest of the day according to her needs

Evening Ritual (7 minutes):

- Reflect on the day's moments
- Thank your inner child for her strength
- Forgive any moments of self-criticism
- Program dreams of healing and peace

