

# DAY 27 STUDENT WORKBOOK ## INNER CHILD INTEGRATION ### आंतरिक बाल एकीकरण

**Inner Zen Wellness - Level 1**

**Student Workbook | छात्र कार्यपुस्तिका**

Exercises & Integration Protocols



## # INSTRUCTIONS | निर्देश

This workbook contains your personal integration protocols. These are the practices that will make your inner child work permanent. Complete each exercise thoughtfully, and commit to the daily practices.

यह कार्यपुस्तिका आपके व्यक्तिगत एकीकरण प्रोटोकॉल शामिल है। ये अभ्यास हैं जो आपके आंतरिक बाल कार्य को स्थायी बनाएंगे। प्रत्येक अभ्यास को सोच-समझकर पूरा करें, और दैनिक प्रथाओं के लिए प्रतिबद्ध रहें।

 **What You'll Need:** Pen, journal, phone (for alarms), accountability partner, commitment

# EXERCISE 1: INTEGRATION STAGE ASSESSMENT ## Part A: Where Am I Now?

Read each stage description and check the one that best describes where you are currently:



**STAGE 1: CONTACT**

- I've recently met my inner child
- Communication is new and uncertain
- Not sure if this is "real" yet
- Child and adult feel very separate
- Trust is just beginning



**STAGE 2: HEALING**

- I've identified specific childhood wounds
- Actively working on healing traumas
- Experiencing emotional releases
- Learning reparenting techniques
- Trust is building but fragile



**STAGE 3: INTEGRATION ← Most students are here**

- Child and adult are beginning to cooperate
- Some internal communication happening
- Inconsistent but improving connection
- Want to make this work permanent
- Ready to establish protocols



**STAGE 4: CONSOLIDATION**

- Integration feels stable and natural
- Internal dialogue happens spontaneously
- Old patterns largely dissolved
- Rare to forget my inner child
- Deep harmony most days



**STAGE 5: EMBODIED WHOLENESS**

- No longer feel like separate parts
- Seamless access to all of myself
- Living from integrated wholeness
- Natural flow between playfulness and responsibility
- Complete integration achieved

**My current stage:** \_\_\_\_\_

**How I know I'm in this stage:**

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## Part B: Integration Quality Assessment

Rate your current integration on each dimension (1-10):

**1. Communication between adult and child:** ██████████ Rating: \_\_\_\_\_

How often do we talk? \_\_\_\_\_

Quality of conversation: \_\_\_\_\_

**2. Trust level:** ██████████ Rating: \_\_\_\_\_

Does child trust adult? \_\_\_\_\_

Does adult trust child? \_\_\_\_\_

**3. Cooperation/Harmony:** ██████████ Rating: \_\_\_\_\_

Do we work together? \_\_\_\_\_

Or fight each other? \_\_\_\_\_

**4. Consistency of connection:** ██████████ Rating: \_\_\_\_\_

How many days per week do I check in? \_\_\_\_\_

Do I forget child for days? \_\_\_\_\_

**5. Overall integration felt-sense:** ██████████ Rating: \_\_\_\_\_

How "whole" do I feel? \_\_\_\_\_

**TOTAL INTEGRATION SCORE:** \_\_\_\_\_/50

**Interpretation:**

- 40-50: Strong integration (Stage 4-5)
- 30-39: Developing integration (Stage 3)
- 20-29: Early integration (Stage 2-3)
- 10-19: Need more foundation (Stage 1-2)

## Part C: Integration Goals

**Where do I want to be in 3 months?**

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**What needs to improve most?**

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**My commitment to integration:**

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# EXERCISE 2: THE DAILY INTEGRATION MEDITATION SCRIPT

Write out your personal version of the Daily Integration Meditation. This helps you remember and personalize it.

## My Personal Meditation Script:

**1** Ground and Center (2 minutes)  
**What I do to ground myself:**  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**2** Inner Space Visualization (3 minutes)  
**My safe inner meeting space looks like:**  
\_\_\_\_\_  
\_\_\_\_\_  
**Specific details (colors, textures, feeling):**  
\_\_\_\_\_  
\_\_\_\_\_

**3** Invite Both Parts (2 minutes)  
**How I call my inner adult:**  
\_\_\_\_\_  
\_\_\_\_\_  
**How I call my inner child:**  
\_\_\_\_\_  
\_\_\_\_\_  
**What my child looks like (age, clothing, energy):**  
\_\_\_\_\_  
\_\_\_\_\_

**4** Check-In Round (4 minutes)  
**The exact words I use to greet my child:**  
\_\_\_\_\_  
\_\_\_\_\_  
**Questions I ask:**  
\_\_\_\_\_  
\_\_\_\_\_

**5** Collaborative Planning (3 minutes)  
**Questions we discuss:**

- What does child need today?  
\_\_\_\_\_
- What does adult need today?  
\_\_\_\_\_
- How can we balance both?  
\_\_\_\_\_

**6** Sealing (1 minute)  
**My personal affirmation:**  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## My Meditation Commitment:

**I will practice this meditation every morning at:** \_\_\_\_\_

**My backup time if I miss morning:** \_\_\_\_\_

**Where I'll practice:** \_\_\_\_\_

**I commit to practicing for:**  7 days  21 days  90 days

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

## # EXERCISE 3: INTEGRATION ALARM SETUP

Set up your phone alarms RIGHT NOW (don't wait!).

## Alarm Configuration:

### ALARM 1: Morning Integration

- Time: \_\_\_\_\_
  - Label: "Daily Integration Meditation"
  - Sound: (Choose something gentle)
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### ALARM 2: Morning Check-In

- Time: \_\_\_\_\_  
(mid-morning)
  - Label: "How's my inner child?"
  - Sound: (Something that makes you smile)
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### ALARM 3: Afternoon Check-In

- Time: \_\_\_\_\_  
(early afternoon)
  - Label: "Child needs attention?"
  - Sound: (Something playful)
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### ALARM 4: Evening Check-In

- Time: \_\_\_\_\_ (early evening)
  - Label: "Connect with inner child"
  - Sound: (Something calming)
- \_\_\_\_\_
- \_\_\_\_\_

### ALARM 5: Nighttime Tuck-In

- Time: \_\_\_\_\_ (before bed)
  - Label: "Tuck in my inner child"
  - Sound: (Something soothing)
- \_\_\_\_\_
- \_\_\_\_\_



I have set all 5 alarms

I tested them to make sure they work

I will NOT delete these alarms for at least 30 days

# EXERCISE 4: THE SEVEN PILLARS PERSONAL AUDIT

For each pillar, rate yourself (1-10) and create an action plan.

1

PILLAR 1: CONSISTENT COMMUNICATION

Current Rating: \_\_\_\_/10

Evidence of Communication:

- How often do I check in?  
\_\_\_\_\_  
\_\_\_\_\_
- When do I forget?  
\_\_\_\_\_  
\_\_\_\_\_

What I'm Doing Well:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What Needs Improvement:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

My Action Plan:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2

PILLAR 2: MUTUAL RESPECT

Current Rating: \_\_\_\_/10

How Adult Respects Child:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

How Child Respects Adult:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Times I Dismiss Child's Voice:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

My Action Plan for More Respect:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3

PILLAR 3: SHARED DECISION-MAKING

Current Rating: \_\_\_\_/10

Recent Decisions Made Together:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Decisions Where Child Had No Voice:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Decisions Where Child Had Too Much Control:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

My Action Plan for Better Balance:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4

PILLAR 4: PROTECTION AND FREEDOM

Current Rating: \_\_\_\_/10

How Adult Provides Protection:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

How Child Gets Freedom to Play:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Boundaries I Need to Set:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Freedom I Need to Give:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

My Action Plan:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

5

PILLAR 5: ATTUNEMENT

Current Rating: \_\_\_\_/10

Child's Signals I Recognize:

- When child is happy:  
\_\_\_\_\_  
\_\_\_\_\_
- When child is scared:  
\_\_\_\_\_  
\_\_\_\_\_
- When child needs attention:  
\_\_\_\_\_  
\_\_\_\_\_
- When child wants to play:  
\_\_\_\_\_  
\_\_\_\_\_

Signals I Miss or Ignore:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

My Action Plan for Better Attunement:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

6

PILLAR 6: COMPLEMENTARY STRENGTHS

Current Rating: \_\_\_\_/10

Child's Gifts I Use:

- ▣ Spontaneity ▣ Creativity ▣ Joy
- ▣ Playfulness
- ▣ Intuition ▣ Wonder ▣ Present-moment awareness
- ▣ Authenticity

Adult's Gifts I Use:

- ▣ Planning ▣ Discipline
- ▣ Boundaries ▣ Wisdom
- ▣ Experience ▣ Long-term thinking
- ▣ Responsibility ▣ Protection

Strengths I'm Not Accessing:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

How to Access Them:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

7

PILLAR 7: ONGOING RENEWAL

Current Rating: \_\_\_\_/10

Practices I'm Maintaining:

\_\_\_\_\_  
\_\_\_\_\_

Practices I've Dropped:

\_\_\_\_\_  
\_\_\_\_\_

When I Drift Apart from Child:

\_\_\_\_\_  
\_\_\_\_\_

How I Recommit:

\_\_\_\_\_  
\_\_\_\_\_

My Action Plan:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## SUMMARY: My Weakest Pillar

The pillar that needs most attention: \_\_\_\_\_

This week, I will focus specifically on:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# EXERCISE 5: WEEKLY PLAYDATE PLANNING

Plan your first official playdate with your inner child.

## Playdate Details:

**Date:** \_\_\_\_\_ **Time:** \_\_\_\_\_ **Duration:** \_\_\_\_\_  
(minimum 1-2 hours)

**Location:** \_\_\_\_\_

**Activity:** (Choose something child would LOVE)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

- Rules for Playdate:**
- No phone (unless needed for activity)
  - No "productive" agenda
  - Pure play and pleasure
  - Child chooses what we do
  - Adult facilitates but doesn't control
  - If child changes mind mid-activity, that's okay

**What Child is Excited About:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**What Child Needs from Adult:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**What Might Interfere with Playdate:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**My Commitment to Protect This Time:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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## Future Playdate Ideas:

List 10 activities your inner child would love:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

# EXERCISE 6: THE INTEGRATION JOURNAL TEMPLATE

## MORNING PAGE FORMAT

Use this format every morning (after meditation):

**Date:** \_\_\_\_\_

**ADULT:** Good morning, little one. How did you sleep?

**CHILD:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**ADULT:** What do you need from me today?

**CHILD:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**ADULT:** What do I need from you today?

**CHILD:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**ADULT:** Let's make an agreement:

**Our Agreement:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Both Sign:** ADULT \_\_\_\_\_ CHILD \_\_\_\_\_

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## EVENING PAGE FORMAT

Use this format every evening (before bed):

**Date:** \_\_\_\_\_

**ADULT:** How was your day, little one?

**CHILD:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**ADULT:** What made you happy today?

**CHILD:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**ADULT:** What was hard for you today?

**CHILD:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**ADULT:** Did I keep our morning agreement?

Yes, fully  Mostly  Partially  No, I forgot

**CHILD:** How do you feel about that?

**CHILD:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**ADULT:** What do you need tomorrow?

**CHILD:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Nighttime Promise:** \_\_\_\_\_

\_\_\_\_\_

# EXERCISE 7: INTEGRATION TRACKER

Use this tracker DAILY for one full week to establish the habit.

**DAY 1:** \_\_\_\_\_ (Date)

**Morning Integration Meditation:**  Done Time: \_\_\_\_\_ Duration: \_\_\_\_\_

**Check-In Alarms:** Morning:  Done Afternoon:  Done Evening:  Done

**Morning Journal Page:**  Done

**Evening Journal Page:**  Done

**Nighttime Tuck-In:**  Done

**Internal Communication Quality (1-10):** \_\_\_\_\_

**Child's Happiness Today (1-10):** \_\_\_\_\_

**Adult's Balance Today (1-10):** \_\_\_\_\_

**Integration Felt-Sense (1-10):** \_\_\_\_\_

**Notable Moments:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**DAY 2:** \_\_\_\_\_ (Date)

**Morning Integration Meditation:**  Done Time: \_\_\_\_\_ Duration: \_\_\_\_\_

**Check-In Alarms:** Morning:  Done Afternoon:  Done Evening:  Done

**Morning Journal Page:**  Done

**Evening Journal Page:**  Done

**Nighttime Tuck-In:**  Done

**Internal Communication Quality (1-10):** \_\_\_\_\_

**Child's Happiness Today (1-10):** \_\_\_\_\_

**Adult's Balance Today (1-10):** \_\_\_\_\_

**Integration Felt-Sense (1-10):** \_\_\_\_\_

**Notable Moments:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**DAY 3:** \_\_\_\_\_ (Date)

**Morning Integration Meditation:**  Done Time: \_\_\_\_\_ Duration: \_\_\_\_\_

**Check-In Alarms:** Morning:  Done Afternoon:  Done Evening:  Done

**Morning Journal Page:**  Done

**Evening Journal Page:**  Done

**Nighttime Tuck-In:**  Done

**Ratings:** Communication: \_\_\_\_\_ Child's Happiness: \_\_\_\_\_ Adult's Balance: \_\_\_\_\_ Integration: \_\_\_\_\_

**Notable Moments:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**DAY 4:** \_\_\_\_\_ (Date)

**Morning Integration Meditation:**  Done **Check-In Alarms:** Morning  Afternoon  Evening

**Morning Journal Page:**  Done **Evening Journal Page:**  Done **Nighttime Tuck-In:**  Done

**Ratings:** Communication: \_\_\_\_\_ Child's Happiness: \_\_\_\_\_ Adult's Balance: \_\_\_\_\_ Integration: \_\_\_\_\_

**Notable Moments:** \_\_\_\_\_

\_\_\_\_\_

**DAY 5:** \_\_\_\_\_ (Date)

**Morning Integration Meditation:**  Done **Check-In Alarms:** Morning  Afternoon  Evening

**Morning Journal Page:**  Done **Evening Journal Page:**  Done **Nighttime Tuck-In:**  Done

**Ratings:** Communication: \_\_\_\_\_ Child's Happiness: \_\_\_\_\_ Adult's Balance: \_\_\_\_\_ Integration: \_\_\_\_\_

**Notable Moments:** \_\_\_\_\_

\_\_\_\_\_

**DAY 6:** \_\_\_\_\_ (Date)

**Morning Integration Meditation:**  Done **Check-In Alarms:** Morning  Afternoon  Evening

**Morning Journal Page:**  Done **Evening Journal Page:**  Done **Nighttime Tuck-In:**  Done

**Ratings:** Communication: \_\_\_\_\_ Child's Happiness: \_\_\_\_\_ Adult's Balance: \_\_\_\_\_ Integration: \_\_\_\_\_

**Notable Moments:** \_\_\_\_\_

\_\_\_\_\_

**DAY 7:** \_\_\_\_\_ (Date)

**Morning Integration Meditation:**  Done **Check-In Alarms:** Morning  Afternoon  Evening

**Morning Journal Page:**  Done **Evening Journal Page:**  Done **Nighttime Tuck-In:**  Done

**Ratings:** Communication: \_\_\_\_\_ Child's Happiness: \_\_\_\_\_ Adult's Balance: \_\_\_\_\_ Integration: \_\_\_\_\_

**Notable Moments:** \_\_\_\_\_

\_\_\_\_\_

## WEEKLY REFLECTION

**Total Days I Completed All Practices:** \_\_\_\_\_/7

**What Strengthened Integration This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**What Challenged Integration:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Patterns I Notice:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**What I Need More Of:**

\_\_\_\_\_

\_\_\_\_\_

**What I Need Less Of:**

\_\_\_\_\_

\_\_\_\_\_

**My Commitment for Next Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## My Integration Vow

Complete this vow to yourself and your inner child:

I, \_\_\_\_\_, on this day of \_\_\_\_\_, commit to:

-  Practicing the Daily Integration Meditation every morning
-  Setting and responding to my check-in alarms
-  Writing morning and evening journal pages
-  Having weekly playdates with my inner child
-  Completing the weekly Integration Ritual
-  Staying committed even when it's hard
-  Forgiving myself when I forget
-  Returning to practice after any break
-  Honoring both my inner child AND my inner adult
-  Living from integration and wholeness

**To my inner child, I promise:**

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I will not abandon you  
again.

We are one.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Witness (Accountability Partner):** \_\_\_\_\_ **Date:** \_\_\_\_\_



You are whole.

You are integrating.

You are becoming who you were always meant to be.

आप संपूर्ण हैं।

आप एकीकृत हो रहे हैं।

आप वह बन रहे हैं जो आप हमेशा से होने के लिए थे।