

## MONTH 1-2 How to Develop Your Loving Wise Adult

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The Loving Wise Adult is the higher part of you that has made healthy, wise decisions in your life. Even though it might not feel like you have a Loving Wise Adult inside of you, trust that she/he is there. It is the part of you that made the decision to do this deeper level of healing. The following are steps to develop and strengthen the Loving

Wise Adult that already lives inside of you!

#1. If you are a parent, it is the part of you that has been the Loving Wise Adult for your children. Oftentimes your own intention to give your children what you never received is what moved you into being that way with your children. The Loving Wise Adult is operating as you parent them. See if you can practice turning that energy inside of you. Extend that love, compassion, and support internally to all of the younger parts of yourself that need and deserve your loving attention.

#2. As a child who were the Loving Wise Adults for you? Where did you feel seen and unconditionally loved? Even if it was just for a moment. An Aunt, Uncle, Grandparent, Sibling, Extended Family Member, Family Friend, Neighbor, Family Pet, Teacher, Friend - List those people here:

#3. As an adult, who are the people around you that you admire or feel good around? It could be a friend, colleague, family member, or mentor. List those people here and the qualities that you admire/like:



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What quality in them feels good to you?

Is it their kindness, compassion, strength, patience, organization?

Often, these people are demonstrating qualities that are important for you to integrate into your Loving Wise Adult. Here are some qualities to look for:

- Unconditionally Loving
- Kind to self and others
- Integrity
- Strength
- Strong Advocate
- Speaks the Truth with Love and Compassion
- Organized
- Focused
- Patient
- Deep Listener
- Follow Through with agreements and commitments
- Courageous
- Accepting
- Sees others for who they are in their Essence
- Values what is truly important



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#4. Dialogue in writing with your Inner Child and ask: What can I do to help you feel deeply loved and cared about? You ask the question from your Loving Wise Adult using your Dominant Hand (if you are right handed use your right hand).

Answer back from your Inner Child with your Non-Dominant Hand. Write your dialogue here:

