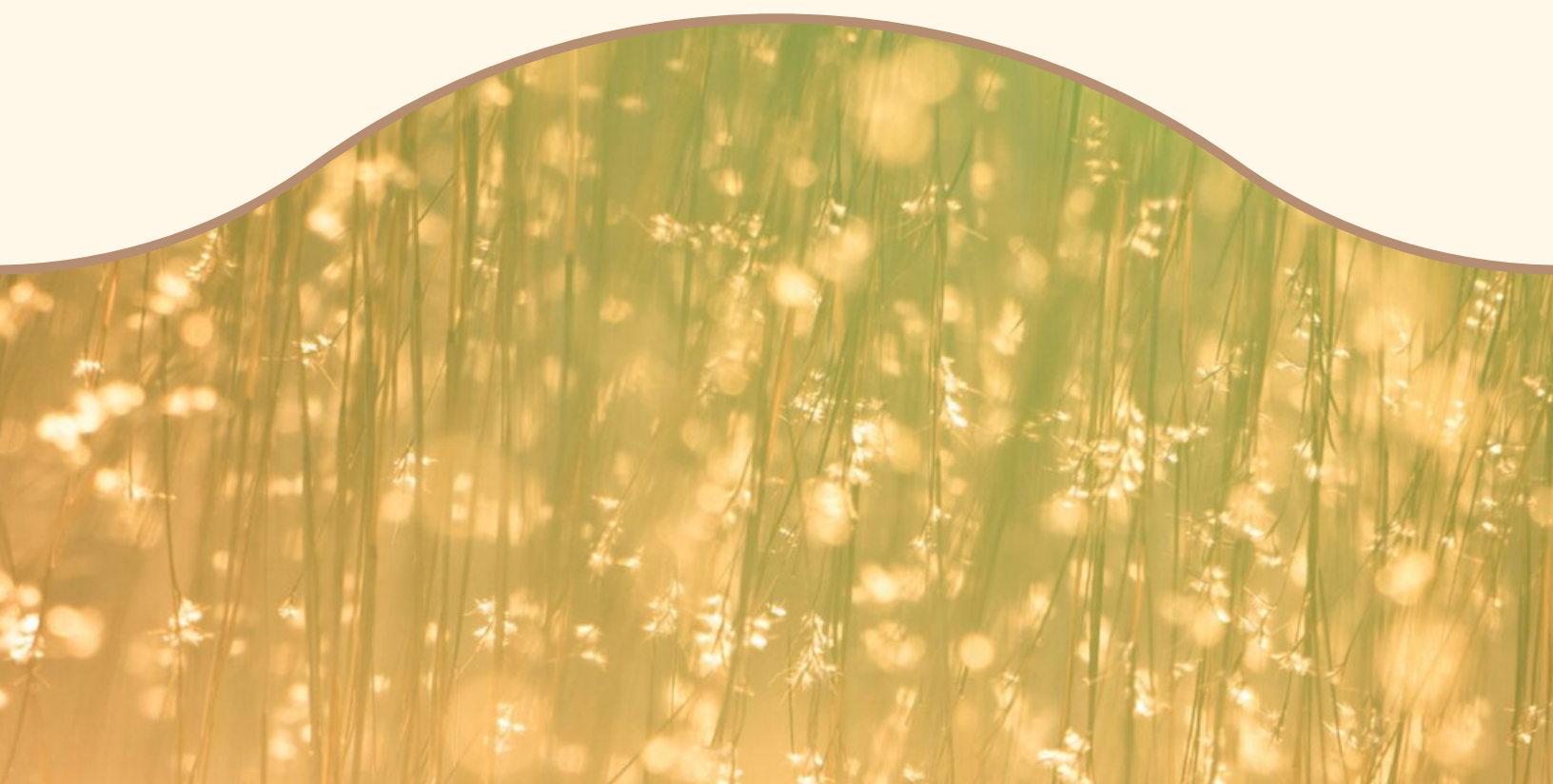




*Love* AMPLIFIED

# JOURNEY TO JOY

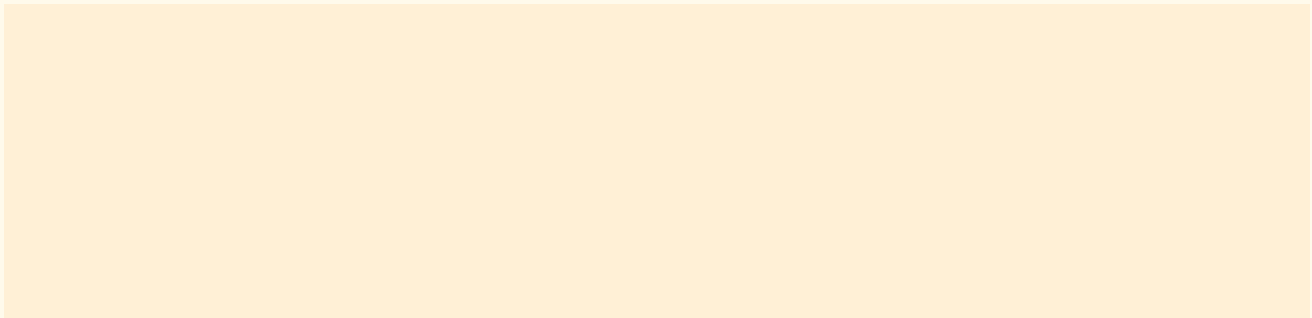
By Master Coaches Christine Hassler & Stefanos Sifandos



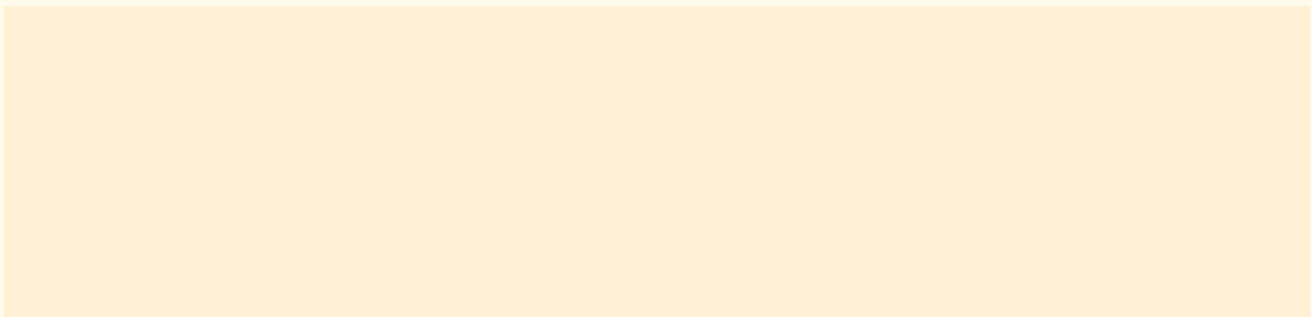


## DAY THREE: GIVING YOURSELF THE CHILDHOOD YOU ALWAYS WANTED (AND DESERVED)

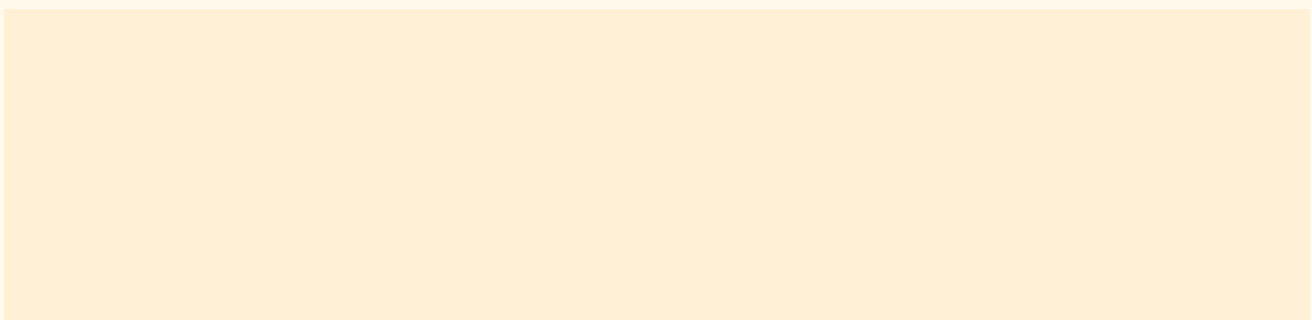
1.) What unresolved wounds from childhood are still impacting your life today?




2.) How exactly are they impacting your life?

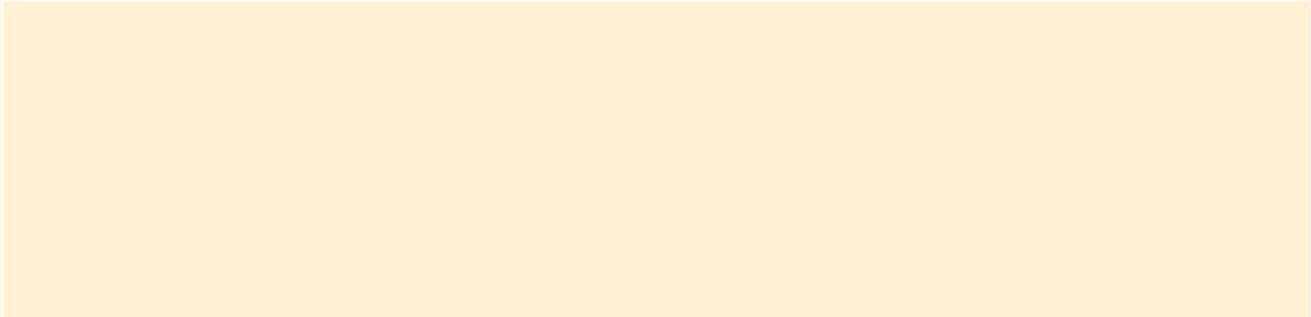


3.) If your inner child felt safe, seen, heard and loved unconditionally ....how would your life be different?

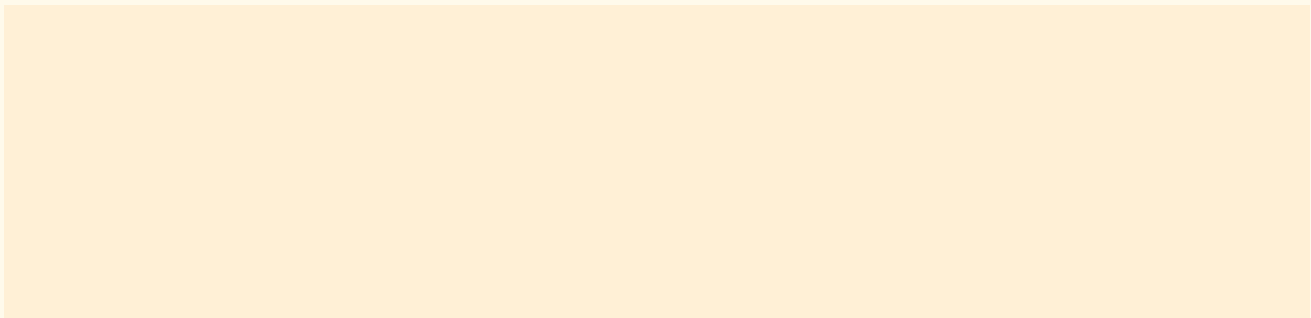


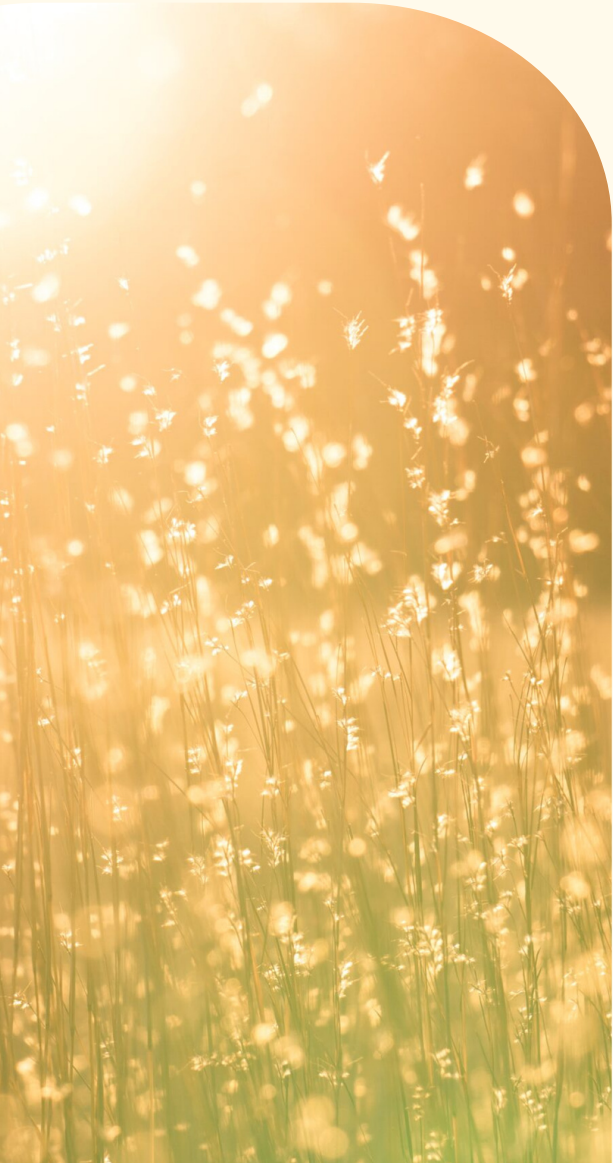


4.) What parenting patterns are you ready to hand back to your parents?



5.) Describe what kind of parent you are willing to be toward your inner child. **KEY:** As you are writing this, really include descriptive feeling words. You want this writing to evoke the feelings you want to experience.





# QUALIFY TO WIN *daily prizes*

- 01** Watch today's full training **LIVE**
- 02** Share an image of you watching the live on your IG Stories within 24 hours
- 03** Make sure to tag [@christinehassler](#) and [@stefanossifandos](#) so we can track your points!

## *homework*

Each day you will find the replay for the training **HERE**. Comment on the replay page, your biggest ah-ha or takeaway for the day.

**Join Us For Reconnect: Heal Your Inner Child  
& Reclaim Your Joy, Peace and Purpose**