

Inner Child Worksheet
When I Was...

Directions:

Choose an age from 6 - 16 years old. Now remember back to when you were that age and fill in the blanks below as YOU at that age. (Try to be as honest as you can.)

1. I am _____ but I like to be called _____.
2. I am _____ years old.
3. My favorite game/toy/activity is _____.
4. My favorite teacher is _____.
5. I love when my family and I _____.
6. My favorite movie is _____.
7. I just learned how to _____.
8. My first trip was to _____.
9. I feel angry when _____.
10. I feel happy when _____.
11. What I'm really scared and concerned about is _____.
12. I think boys are _____.
13. I think girls are _____.
14. I think my parents are _____.
15. What I think about myself is _____.
16. When I grow up I want to _____.