



Awesomely You!

Welcome, You!
I love you! I am glad you exist!
Thank you for being here, for being YOU!

Awesomely You is about celebrating your innate goodness and honoring it by becoming more skillful at expressing who you really are. When we talk about being awesome and authentic, that is what we mean!

When become our awesome selves, we can add so much beauty, pizzazz and heartfelt goodness to the world! We can make the difference we are here to make, without getting overly stressed when things don't turn out as we expect or hope. We are free to love being US, which frees us to love our lives and our world without attachment to outcome.

The key to being who you are, skillfully is get to know two key aspects of yourself: Your inner child and your inner sage. For most of us, getting to know our inner child involves remembering the free-spirited, spunky, innocent, love-worthy person we have always been, in spite of what we've been through. Clarifying the differences between our innocent inner child as our innate self and our wounded inner child as how we show up and feel when we've been through stuff that is painful - can help us acknowledge, heal and liberate our inner child to be happy again, without stopping her from feeling everything else she authentically feels! Then we can cultivate our inner sage without suppressing our real authentic feelings. That helps us become skillful without losing our spontaneous joy or authentic self-expression in truth.

On the next page you'll see a table showing some of the distinctions between the innocent inner child and the wounded inner child. A notable that deserves its own special mentions is the space between the M and the P in I'm Possible for the innocent inner child vs no space in Impossible for the wounded inner child. Sometimes simply opening up a bit of space in our selves and our thinking/feeling/perceiving is all that is needed to shift from woundedness to innocence! In the blank spaces, add your own characteristics that mark your innocent inner child compared to your wounded inner child. They are SAME inner child, it's just that the wounded aspect has been hurt, over and over again and needs loving, acknowledgment and your capacity to believe in him/her/them again. Your inner child is NATURALLY innocent. The wounded aspects are just places that need to trust you enough to return to their natural states.



Innocent Inner Child Vs. Wounded Inner Child

Innocent Inner Child	Wounded Inner Child
Carefree	Frightened
Abundant	Tight
Curious	Disenfranchised
Spontaneous joy	Depressed or Chronically disgruntled
Wonder-filled	Numbed Out
Authentic	Artificial Coping Strategies
Inspired	Living up to expectations or rebelling against them
Joyful	Sad/Heartbroken
Imaginative	Shut down, using imagination to escape or using it imagination destructively

Optional exercise:

Place one hand on your heart and one on your tummy.

Tell your inner child that you love her/him/them just as they are, even with all those wounds! Tell him/her them that they are awesome just the way they are, that their feelings are completely understandable. Let your inner child know you truly get it. You see it from their point of view. Tell them it's okay to let go of feeling bad and to feel joyful whenever they are ready. You'll wait. Tell your inner child that you fully believe she/he/they deserve to be happy again!

Awesomeness is YOU, expressed skillfully

What if your inner child knew for an absolute fact that mistakes are perfectly acceptable, that they are already innately lovable, innocent and incredible, that all that is required to become skillful is the right kind of practice? Imagine letting your inner child fully forgive themselves for holding onto any beliefs that they are bad, not good enough, weird, a misfit, wrong to the core or just a failure in any way whatsoever? Imagine letting them fully off the hook for any blame they are carrying for something that happened in the past, either in your family of origin or in your adult life? Imagine telling them/him, her that it's all going to be alright, that's not her/his/their fault? Imagine her/him them feeling wonderful and worthy of your love simply for being THEM?

Here is something I bet your inner child needs to hear:

I love you! Thank you for everything you went through for me to get through life until now. I love you and want you to be happy, whenever you are ready to be happy! It's okay to feel sad, mad, upset or any other way you feel until you are ready to feel better. I love you no matter what!

Imagine hugging your inner child as long as he, she, they would like.

Thank you for participating in this introductory class. You are awesome and the world needs your particular brand of awesomeness, now more than ever!

Imagine if we lived in a world where everyone lived, moved and had their being connected to their innocent inner child and their wise inner sage?

If you would like to go deeper into cultivating our relationship with your inner child and your inner sage so you can be awesome and authentic, everyday, in every way, there are two upcoming opportunities you may wish to consider: Starting September 23rd we are launching the 9 days of alchemy for women program. In January we will kick off signature 12 part Awesome & Authentic Training for Parents.

What if we lived in a world peopled with people who believe in themselves and in the possibilities life has to offer - who are deeply connected to their authenticity and their innocence, yet are skillful at interacting with others, altruistic without being martyrs and adept at using their inner wisdom to make the most of life without getting drained by the things they can't control...what if we raised a generation of courageous, compassion, fun-loving humans with all their innocence, wonder and imagination, humor, joy and radiant capacity to love intact? Imagine the world these humans could...and would create? How can we become them and raise them? If you'd like to become that type of person and/or raise that type of person as a parent, caregiver, teacher or aunt, uncle or other influencing adult, please register online to save your spot. To schedule a free call with Alicia to see if this program is for you, please email unicornstarcoach@gmail.com

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