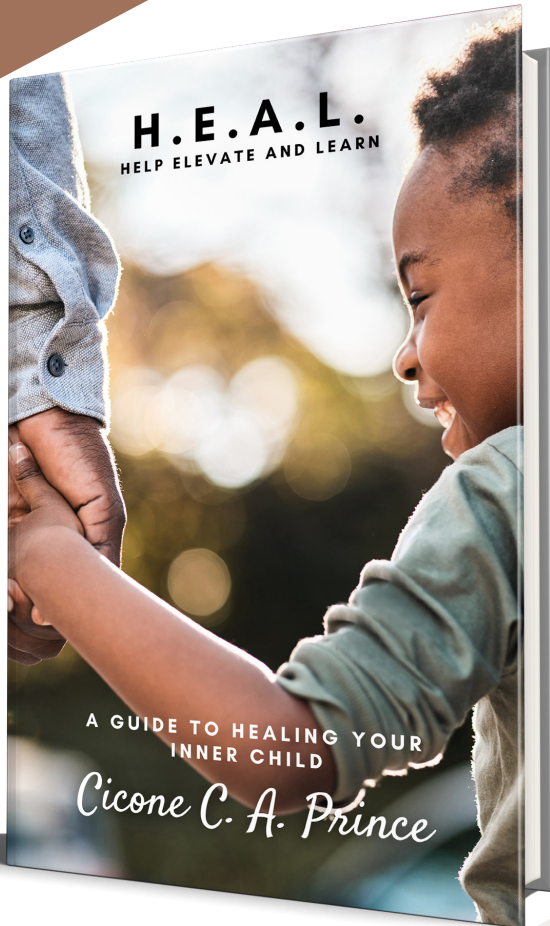


# H.E.A.L.

## Help Elevate And Learn

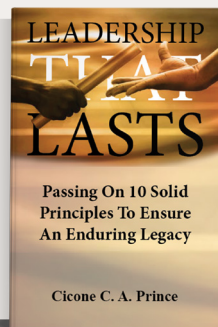


H.E.A.L. Help Elevate And Learn is a personal discovery guide to healing your Inner Child. This book has been years in the making, and Cicone recently realized that introducing you to yourself was could not be complete without the introduction to your Inner Child.

So many of us have been fighting our Inner Child, pacifying our Inner Child, or even worse, ignoring our Inner Child. Cicone wants to walk you through a process of making Peace with your Inner Child in order to help you develop into a person that can thrive in any environment and then teach others to do the same.

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# H.E.A.L.

Help Elevate And Learn

## Worksheet

1. What was your childhood nickname? (if you had more than one, write them all)

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2. When was the last time you had Child-like fun?

Day \_\_\_\_\_ Month \_\_\_\_\_ Year \_\_\_\_\_ What did you do? \_\_\_\_\_

3. Have you been hurt/wounded?

Yes \_\_\_\_\_ No \_\_\_\_\_ I think so \_\_\_\_\_ I'm not sure \_\_\_\_\_

4. How bad was the hurt/wound?

1      2      3      4      5      6      7      8      9      10  
Paper Cut                      Hit finger with Hammer                      Gunshot

5. How did you deal with that hurt/wound?

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6. Have you let the pain go?

Yes \_\_\_\_\_ No \_\_\_\_\_ I think so \_\_\_\_\_ I'm not sure \_\_\_\_\_

7. Have you ever blown your blown up?

Yes \_\_\_\_\_ No \_\_\_\_\_ I think so \_\_\_\_\_ I'm not sure \_\_\_\_\_

8. How reason with a hurt/wounded child?

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9. What would your inner Inner Child say if given a chance?

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10. Draw a picture.

11. Show it off.

12. Who can relate to your picture?

13. How can you help them?

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