



## Nurture Your Inner Child

**NAME:**

**DATE:**

This worksheet is a supplement training guide to “Nurture Your Inner Child” video published on April 23, 2016.

George Land is a speaker, author, consultant, and general systems scientist. In 1968, he conducted a research study to test the creativity of 1,600 children ranging in ages from 3-5 y/o who were enrolled in a Head Start program.

This was the same creativity test he devised for NASA to help select scientists and innovative engineers. The assessment worked so well he decided to try it on children. He re-tested the same children at 10 years of age, and conducted another one at 15 years of age.

The creativity test results were astounding:

- 5 year olds: 98%
- 10 year olds: 30%
- 15 year olds: 12%
- Same test given to 280,000 adults: 2%

The inner child is the source of a person's creativity and vitality. It is that part of you who wants to sing; who wants to dance; who wants to play and rock out to the music. Developing a relationship with your inner child can also heal emotional problems that result from not honoring that part of yourself. The inner child wants to venture into the unventured, and explore the unexplored. Life in the adult world can threaten to extinguish your inner child's flame, but you can fight back against those pressures by embracing and nurturing with your childhood source.

*How can you change your mindset to nurture your inner child?*

Sometimes when we get older, we lose our ability to play, and give and feel connected. We no longer have a sense of innocent curiosity, creativity, wonder, and imagination. We move more into separation, competition, mediocrity, norm, and survival.

Find your inner child within you. It is a timeless being who will continually reside within us until the end of time. Reclaim your playful creativity and bring back your wonderful imagination. Don't listen to old wives' tales. The only limits that exist are the ones in your own mind. Your limit is you.

Reconnect with your inner child – your brilliance, your creativity, your happiness, that part of you who knows that you have a greatness beyond words.

*How will you transform your life with this new knowledge?*

Our JTPG and peak performance online classes will begin soon. Sign up to our website, follow us on facebook and twitter, and subscribe to our Youtube channel so you can be the first to be informed when we begin the journey to your personal greatness.

**Alvin Brown**

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Integrated Peak Performance and Greatness Coach

Author and Speaker - Journey to Personal Greatness: mind, body and soul.

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