

**Be your own best friend....** These Seeds of Friendship are for nurturing your most important relationship. These Seeds are for your relationship with your inner child, the part of us that needs lots of love. Heal the scars of past criticisms and hurts that we all endure as part of growing up. Stick up these memory joggers in various places as constant reminders to lavish yourself with nurturing .....for this is truly the way to love yourself and truly be your own best friend. Every day is a day to share your heart with yourself for inner peace and harmony.

*To my Wonderful inner Child \* \* \**



*\* \* \* ..and I see our Inner Beauty,  
our Heart Light shining out as....  
Loving....  
and Compassion....  
and Giving....*

*Thank you... Thank you... Thank you  
for all the support you give me.  
\* I really do love my Inner Child.*

Seeds of Friendship from [www.goodwillpeople.net](http://www.goodwillpeople.net)

*To my Wonderful inner Child \* \* \**



*\* \* \* ..and I see our Inner Beauty,  
our Heart Light shining out as....  
Caring....  
and Sensitivity....  
and Kindness....*

*Thank you... Thank you... Thank you  
for all the support you give me.  
\* I really do love my Inner Child.*

Seeds of Friendship from [www.goodwillpeople.net](http://www.goodwillpeople.net)

*To my Wonderful inner Child \* \* \**



*\* \* \* ..and I see our Inner Beauty,  
our Heart Light shining out as....  
Listening....  
and Considerate....  
and Smiling....*

*Thank you... Thank you... Thank you  
for all the support you give me.  
\* I really do love my Inner Child.*

Seeds of Friendship from [www.goodwillpeople.net](http://www.goodwillpeople.net)

*To my Wonderful inner Child \* \* \**



*\* \* \* ..and I see our Inner Beauty,  
our Heart Light shining out as....  
Complimenting....  
and Gentle....  
and Encouraging....*

*Thank you... Thank you... Thank you  
for all the support you give me.  
\* I really do love my Inner Child.*

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