🧠 Calm the Noise, Rewire Your Brain, and Hear Your True Voice

Hiiii! Before you dive into the prompts below, I want to set the tone.

This isn't about 'perfect' routines or journaling for an hour every day. It's about something much more meaningful—learning how to be emotionally available to yourself. Meeting yourself with honesty, curiosity, and compassion. And beginning to hear *your own voice* again (or the voice of God) —not just the food noise, the inner critic, or the anxious mental chatter.

What you'll find below are five journaling frameworks I use and recommend often. They're designed to help you reconnect with yourself, create emotional safety, and retrain the parts of your brain that keep you stuck in old patterns.

This process is about showing up for yourself with consistency. Because to create *new conditioning* in the brain, we need **AIR**: **Attention. Intention. Repetition.**

And this document is here to help you get that—without pressure or perfection.

There's no right or wrong way to use it. Pick the one that resonates today—or try a few and see what fits. Let this be a space where you're showing up for *you*, in whatever way feels doable and real.

These prompts aren't just about insight. They're about practice. And over time, they help shift how you relate to yourself, your thoughts, and your emotions.

Take what works. Leave what doesn't. And keep coming back.

—Leanne

✍️ Journaling Prompts to Rewire Gratitude & Self-Worth

Connect to the past, present, and future you—with compassion and curiosity.

Sometimes journaling feels daunting because we don't know where to start. That's why these prompts are here—to help you gently reconnect to the voice of gratitude and the lens of self-recognition.

You don't need to write a novel.
You don't need to have all the answers.
You just need a pen, a few quiet minutes, and a willingness to see yourself with fresh eyes.

Below are three journaling frameworks you can rotate through anytime you want to build emotional safety, self-trust, and peace within your body and mind.

✨ Option 1: Gratitude Across Time (Past, Present, Future)

This prompt helps you zoom out and see the full story of what's supporting you—what has supported you, what is supporting you, and what you trust will support you in the future.

Try starting your journal like this:

1. Gratitude from the Past:

- "I'm grateful that I went through ____, because it taught me ____."
- "A moment I'm so thankful for (even if I didn't realize it at the time) was…"

2. Gratitude in the Present:

- "Today, I'm grateful for ___, even if it feels small."
- "I noticed and appreciated ___ today."

3. Gratitude for the Future:

- "I trust that future me will be grateful for ___."
- "Even though I don't have it yet, I already feel grateful for the peace/freedom/love I know is coming."

✨ Option 2: Proud of Myself (Past, Present, Future)

This journaling pathway helps you see the strength that's always been there—even when it didn't feel like it. We're rewiring your brain to notice and celebrate yourself.

Try starting your journal like this:

1. Proud of My Past Self:

- "I'm proud of the woman I was when I ___."
- "Even though I was struggling, I'm proud that I still ___."
- "Looking back, I can see now how brave it was when I ___."

2. Proud of My Present Self:

- "Today, I'm proud of myself for ___."

- “Even though it wasn’t perfect, I showed up for myself by ___.”
- “I caught myself doing ___, and I’m proud that I’m changing.”

3. Future Self Pride:

- “I can already imagine future me being proud of me for ___.”
- “I’m becoming the kind of woman who’s proud of herself for ___.”

✨ Option 3: Gratitude + Pride Combo

This one blends gratitude with self-celebration—so you’re seeing what’s around you and also what’s within you.

Try starting your journal like this:

1. From the Past:

- “I’m grateful I had ___ in my life when I was going through ___. I’m proud that I found a way to ____.”

2. In the Present:

- “Right now, I’m grateful for ___. And I’m proud of how I’m showing up by ___.”

3. Looking Ahead:

- “I trust I’ll look back on this season and feel grateful that I ___. I know future me will be proud that I ___.”

✨ Option 4: Two-Way Prayer

A conversation with God, guided by your pen.

(This is a way of talking to **God, the Universe, a Higher Power, Jesus, the 'eyes' of Unconditional Love—**or whatever resonates most with you.)

You begin by opening the conversation with honesty, like:

> "Hi God, it's me, (Leanne). I'm feeling a ton of resistance about ___ today. Can you offer me some guidance or words of wisdom or loving reminders?"

Then… you wait. You allow your pen to move as if that loving source is responding directly to you. You become the vessel. Let the words come without judgment.

For example:

> "Hi God, it's me, Leanne. I feel blah about something that's supposed to excite me. I know I'm sitting in the midst of answered prayers, but my mind is focused on what's missing. Can you please offer me your wisdom and guidance?."

And then, the pen replied:

> "My dearest Leanne, I'm so happy you came to meet me here today. Here's what I want you to remember/see again/know about yourself…"

Don't force it. Just trust that what comes through is exactly what you need to hear.
Start each day the same way if that feels grounding, or switch it up to fit what's present for you.

💌 Option 5: Letters from Love (Inspired by Liz Gilbert)

Give voice to the different parts of yourself—or the part that loves you most.

Begin with a sentence like:

> "Hi Leanne, this is the voice of Unconditional Love, and here's what I want to say to you today…"

(Then let the pen take it from there…)

Or write from another inner voice that needs to speak:

- "Hi Leanne, this is your Anxiety, and this is what I want to say to you…"
- "Hi Leanne, this is your Inner Resistance, and here's what I need you to hear…"

Whether it's Love, Fear, Shame, or Peace—let each voice express what it needs.
Then, if it feels helpful, respond with love or compassion.

You're creating a dialogue inside yourself where every part is welcome—and none of it is wrong.

🌸 Final Notes:

There is **no wrong way** to do this.
Some days it'll feel profound. Other days, maybe not.

But the consistent act of showing up for yourself in this way will begin to rewire how your brain processes emotion, safety, and self-trust.

You're not journaling for insight alone.
You're journaling to **recondition something NEW.**
You're journaling to become emotionally available to yourself.

And that, in itself, is a healing (and rewiring) process.

🖊️ Just pick up your pen... and begin.

Pick one prompt. Or rotate depending on your mood.
There's no wrong way to do this.

If all you write is:

> *"I don't know what to say, but I'm here"* — that's enough.

Just keep showing up.
The rewiring is happening, one sentence at a time.

You are worth the time.
You are worth committing to yourself.
You are worthy of healing.

With SO much love,
Leanne