



7-Day Neuroplasticity Journal

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Instructions: Use this daily for 7 days. Morning and evening practices help rewire your brain through focused intention, emotion, repetition, and action.

Morning Practice (15–20 minutes)

 Day ___

1. Intention Setting

Today, I am becoming the version of me who...

2. Future Self Visualization Notes

What did you see, feel, hear, and do as your future self?



3. Thought Installation (Affirmations)
Write 3–5 identity-based affirmations.

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4. Mini Emotional Rehearsal
What emotion did you activate (e.g., pride, joy)?
What memory helped you feel it?

5. Aligned Action
Today, one small action I will take as my new self is...



😊 Evening Reflection (5–10 minutes)

✎ Day ____

1. Celebrate Wins

Three moments I felt like my new self today were...

- 1.
- 2.

2. Catch and Reframe

One old thought or behaviour that showed up today was...

Next time, I choose to think/do...

3. Gratitude & Integration
Today I am grateful for...

- 1.
- 2.
- 3.

Repeat this practice daily for 7 days to begin rewiring your brain toward the identity and reality you want to live.

