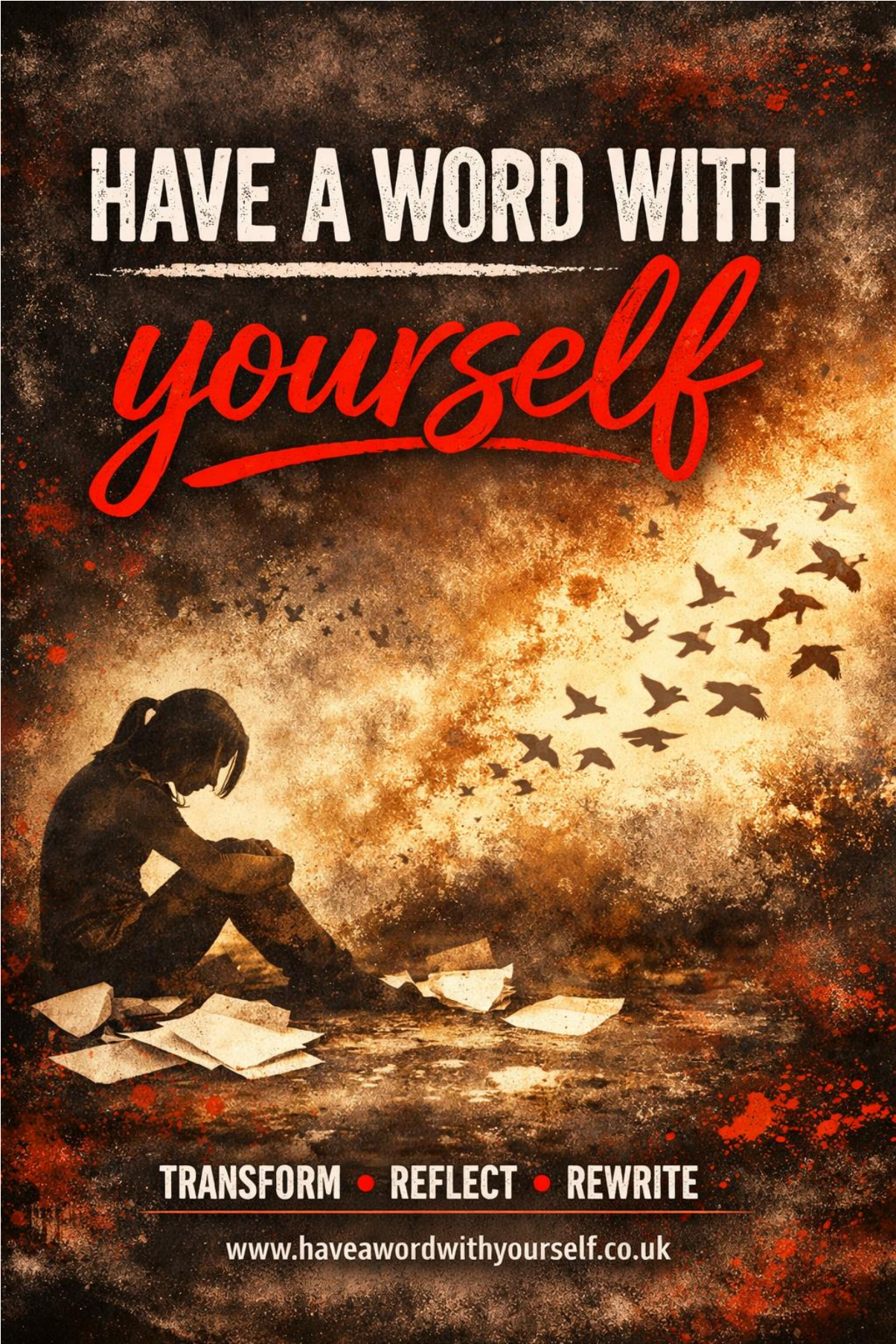


A person with dark hair in a ponytail is sitting on the ground, hunched over with their head buried in their arms. They are surrounded by several sheets of white paper that appear to be scattered or torn. The background is a dramatic, textured scene with a bright, glowing light source on the right side, from which a large number of small, dark birds are flying away towards the left. The overall color palette is dark, with browns, blacks, and greys, accented by the bright light and the red text.

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BEFORE WE BEGIN

Let's get one thing straight...

I am no one special, I am just your average working-class woman, who has experienced some trauma in my life, some of the trauma was self-inflicted [because I didn't have the tools to navigate life], and the other was from people around me who didn't have my best interest at heart.

It was only when I started to prioritise my own best interest that my life started to evolve, and I have become a woman who knows her own self-worth.

I'm not here to give you perfection, politeness, or pretty little lies, because the truth is, there are still days when I struggle. I'm here to give you truth, raw, rebellious, unfiltered truth, because that's the only thing that ever saved me.

For years, I carried my story in silence. I wore it like an invisible coat that often felt heavy, suffocating, and also familiar. I thought silence would protect me. It didn't. It corroded me from the inside out. It convinced me that my pain was too much, my truth too messy, my voice too loud for the world.

Writing cracked that silence open. It gave me a voice I didn't know I had.

Through journalling, I discovered that the layers I'd been dragging around weren't mine. They were invisible scripts handed to me by society, drip-fed expectations about what a "successful" life should look like. School. Qualifications. Job. Marriage. House. Kids. Happily ever after. I absorbed it all without question, and somewhere in the middle of that noise, I lost myself.

I turned to drugs as an escape, a way to drown out the pressure, the pain, the feeling that I was failing at a life I never chose. For a while, they lifted me out of the pit I'd sunk into.

But like every false promise, the drugs let me down, too.

It still cracks me up, in that twisted way only lived experience can, that I had to completely lose my mind before I could finally meet myself. And when the dust settled, I saw the truth: while everyone else is busy chasing money, status, cars, clothes, and picture-perfect holidays, they're calling it "happiness". It's not. It's a lie we've all been sold.

Because the only work that ever truly matters is the work you do on yourself.

HOW JOURNALING FOUND ME.

I discovered journaling while caring for my dad during his battle with alcoholism. It became the only place I could tell the truth without falling apart. When he passed, my journaling fell silent, but the need to speak about what it means to be an affected family member never left me.

Nearly a decade later, a chance moment changed everything. I heard Beverley Ward [my writing coach] on BBC Radio Sheffield talking about a new writers' workshop and something in me stirred. I booked myself onto her retreat, completely out of my comfort zone, and for the first time, after spending some time with Beverly, I felt like I had a framework for creating my memoir.

But this workbook isn't about the memoir. It's about the journey I went on while writing it.

Showing up to the page every morning wasn't easy. I wanted to quit more times than I can count. But every time I picked up my pen, I realised that I wasn't just writing, I was showing up for myself. I became my own detective, returning to emotional crime scenes I'd avoided for years. I questioned my reactions, my beliefs, my patterns. I dug for clues. I examined motives, mine and everyone else's. I gathered evidence. And slowly, I began to close cases I'd been carrying for decades.

Writing didn't just help me tell my story. It helped me survive my life. It unlocked doors inside me I didn't know existed. It helped me reclaim the version of myself buried under shame, labels, and limiting beliefs.

WHY I CREATED THIS WORKBOOK AND WHY IT MATTERS

I created this workbook for one reason: to help you take back control of your life from the inside out. I also wanted to give something back, share what I have learned about navigating my life on my terms in the hope it might help someone else to do the same

Not by pretending everything is fine. Not by ignoring the past. Not by waiting for confidence, motivation, or the "right moment" to magically appear. But by learning how to have a word with yourself — properly, honestly, and with intention.

I created it to help you:

- Become aware of the thoughts running your life
- Understand the science behind why you feel the way you do
- Break old emotional habits that keep you stuck
- Rewire your thinking through journaling and reflection
- Build new patterns, new energy, and a new sense of self
- Step into an improved version of who you are becoming

This isn't about perfection. It's about permission, permission to grow, to heal, to change, and to choose a different internal story.

You deserve a life that reflects who you truly are, not who your past taught you to be. And the first step is learning how to speak to yourself with intention, honesty, and power.

This workbook will guide you through that process, one thought, one emotion, one page at a time.

WHAT YOU NEED TO REALISE

My transformation from a victim to a victor wasn't an overnight change; it was a gradual shift in perspective. I learned to take responsibility for my actions and reactions, to harness my pain as fuel for growth rather than a reason to shrink away.

WHAT YOU WILL NEED TO CONSIDER

- To be prepared, make some time for yourself.
- To figure out the best way to capture your thoughts, is it paper and pen, or can you capture your thoughts electronically on your phone? It doesn't matter how you do it, if you can capture, download, or transfer your thoughts and feelings anywhere except in your head.
- Because once you download your thoughts, you can make room for exploration
- You don't have to expose yourself to anyone except yourself.
- Be open to reading new books and discovering how others have learned to discover themselves; you never know, it might just work for you.
- And finally, you will need a A FUCKING bucket load of patience and self-compassion

MAKING YOURSELF A PRIORITY

People often say to me, 'But Tracey, I don't have the time?' and my response is always the same: 'Well, if you want to make yourself a priority, then you will *have* to carve out some time. There are 24 hours in a day; surely you can find ten to 30 minutes to check in with yourself.

THE ONLY PERSON WHO KNOWS YOU BETTER THAN YOU IS YOURSELF.

Making time to speak with yourself isn't just important; it's imperative if you want to change. However, you can't begin changing something until you first understand what needs to change and how to bring it about. The world is full of communication, yet many people struggle to articulate, let alone communicate, their own needs. People have forgotten how to think for themselves, and some have never tried it. We have lost the art of listening, really listening to ourselves.

THE POWER OF SELF-REFLECTION

Self-reflection is a powerful tool for personal growth. It allows us to understand our emotions, thoughts, and actions more deeply. We can identify patterns, understand our triggers, and make meaningful changes by capturing our thoughts. It's like holding up a mirror to our inner selves, revealing truths that can be uncomfortable yet always enlightening.

THE POWER OF OUR THOUGHTS

Here's the thing: our thoughts shape our reality. They influence our emotions, our actions, and ultimately, our lives. So while negative thoughts can trap you in cycles of self-doubt and fear, positive thoughts can empower you and propel you forward. So by becoming more aware of your thought patterns, you can shift them in more positive directions. Remember, every thought is a seed. Plant positive thoughts, and you'll grow a positive life.

This journey is unique to you. There is no right or wrong way to approach it. The important thing is to start. Start capturing your thoughts, start reflecting, start making yourself a priority.

MAKING A START - MORNING JOURNALING

My personal preference for journaling is in the morning, because my brain is in a state called theta, the same state you enter during meditation or deep reflection. This means:

- Your guard is down
- Your inner critic is quieter
- Your thoughts are raw, unfiltered, and honest

It strengthens your inner voice

Morning journaling is like tuning a radio. You're adjusting the frequency so you can hear yourself clearly. Over time, your inner voice gets louder, stronger, and harder to ignore.

It clears mental clutter

Think of it like emptying your head before the day begins.

When you download your thoughts first thing, you:

- reduce anxiety
- increase focus
- Stop carrying yesterday into today
- Call it emotional housekeeping.

Your mind hasn't been contaminated yet

It's the perfect time before the emails, the noise, the people, the expectations, and you're still *you*. Not the version shaped by everyone else's demands.

You can access deeper thoughts

Morning journaling taps into your subconscious, the stuff you normally ignore, suppress, or drown out. That's why morning pages often reveal:

- patterns
- fears
- beliefs
- ideas
- clarity

You can set your intentions for the day, before life's distractions get in the way

CREATING A MORNING JOURNALLING RITUAL

Your ritual, new routine can be 10 minutes or an hour; that's your choice and based on the time you have. How long you make time to journal is irrelevant, but what IS relevant is consistency. Below is an example routine

1. Wake Before the Noise

Sit up. Feet on the floor. One deep breath. This is your quiet pocket, the part of the day that still belongs to you.

2. Check In With Your Body

Notice what's tight, heavy, buzzing, or calm. Let your body tell the truth before your mind starts performing.

3. Make a Warm Drink

Tea, coffee, hot water, it doesn't matter. This is your signal to slow down and listen.

4. Open the Page Without a Plan

No prompts. No pressure. Write the first sentence that comes, even if it's "I don't know what to write."

5. Write for Ten Minutes

Pen moving. No stopping. No editing. Let the truth spill before the world wakes up.

6. Answer the Three Morning Questions

1. What's on my mind right now
2. What do I need today
3. What's one thing I can let go of

7. Set a One-Line Intention

A sentence that sets your tone for the day. Examples:

- "Today I choose clarity."
- "Today I speak honestly."
- "Today I don't abandon myself."

8. Step Into Your Day Clean

Close the notebook. Stand up. Move. You've checked in with yourself; now the day can begin.

THE SCIENCE OF SELF-TALK

Did you know that your brain processes 60,000–70,000 thoughts a day, and 90% of them are repeats. That means most of your thinking is recycled, old stories, old beliefs, old emotional habits. Every thought triggers a biochemical reaction. Every sentence you say to yourself fires and wires neural pathways.

This isn't philosophy. It's neuroscience.

THE LOOP THAT KEEPS YOU STUCK

Your thoughts create emotions. Your emotions drive behaviour. Your behaviour creates experiences. Your experiences reinforce the original thoughts.

This becomes your “normal”, even if it's not helping you.

YOUR BRAIN CAN'T TELL WHAT'S REAL

Your brain reacts the same way whether something is happening **in real life** or **in your imagination**.

That's why:

- Replaying an argument can make your heart race
- Imagining failure can make you anxious
- Athletes improve performance through mental rehearsal

Your brain fires the same circuits either way.

EMOTIONAL HABITS: WHY CHANGE FEELS HARD

Over time, your body becomes addicted to familiar emotional states, even negative ones like stress, guilt, or fear. Your body will fight to keep what feels familiar, even if it's miserable. This is why change feels uncomfortable at first. You're breaking a chemical habit.

JOURNALLING: YOUR OPERATING SYSTEM UPGRADE

Journaling isn't “dear diary”. It's a neurological intervention.

Putting pen to paper helps you

- Slow your thinking
- Interrupts automatic loops
- Makes the unconscious conscious
- Helps you choose new thoughts
- Rewires your emotional responses

You can't change what you're not aware of.

REWRITING YOUR DEFAULT SCRIPT

Your body believes every word you say to yourself.

Common scripts:

“I’m tired.”

“I can’t do this.”

“I’m not ready.”

“I’m not good enough.”

These aren’t facts. They’re habits, old, automatic lines your brain has rehearsed for years. And the more you repeat them, the deeper they carve themselves into your nervous system. But here’s the truth: scripts can be rewritten. Your brain is plastic, adaptable, always listening. When you change the words you feed it, you change the chemistry you live in.

When you choose new thoughts, you create new emotional patterns. When you practise a different internal script, you build a different version of yourself. This is where the shift begins, with the sentences you decide to stop repeating and the ones you choose to say instead.

CREATING YOUR NEW EMOTIONAL SIGNATURE

Thoughts alone don’t rewire the brain. Emotion is the glue. When you pair a new thought with an elevated emotion, confidence, excitement, calm, or determination, you create a new neural signature until it becomes your new normal.

DAILY REWIRING PRACTICE

Morning Activation Statements

Instead of:

- “I’m tired.”
- “I can’t be bothered.”

Say with conviction:

- “I’m excited about today and full of energy.”
- “I’m capable and ready.”
- “I choose thoughts that support the life I want.”

Neuroplasticity means your brain is always rewiring itself, and you have the power to shape who you’re becoming through the thoughts you choose, the emotions you practise, and the identity you step into.

Your morning journaling is your chance to define that version of you, what she thinks, what she refuses to tolerate, how she speaks to herself, and the energy she carries into the world. This becomes your declaration: a promise to yourself about the mindset, behaviours, and inner narrative you’re choosing from this point forward.

A WORD FOR THE ROAD AHEAD

You've reached the end of this workbook, but not the end of your work, because the real work begins the moment you close these pages. Everything you've read, reflected on, questioned, challenged, and rewritten has been preparing you for one thing: to meet yourself with honesty and intention, every single day.

If there's one thing, I want you to take from all of this, it's this: You are not fixed. You are not finished. You are not defined by the story you walked in with. Your brain, your beliefs, and your emotional habits are all rewritable. You are a living, breathing work-in-progress, and that is your power.

You've learned that your thoughts aren't facts, they're patterns. You've learned that your emotions aren't weaknesses, they're signals. You've learned that your past isn't a prison, it's information. And you've learned that journaling isn't a hobby, it's a tool for rewiring your mind from the inside out.

You now know how your self-talk shapes your chemistry. How your emotional habits keep you stuck. How your brain can't tell the difference between imagination and reality. How writing slows the noise, reveals the truth, and gives you back your voice. Most importantly, you've learned that change doesn't start with motivation; it starts with awareness. The moment you decide to stop repeating the old script and start choosing a new one.

So as you step forward, remember this:

- You are the only person who truly knows what you need
- You are allowed to take up space in your own life
- You are capable of rewriting the thoughts that have held you back
- You are becoming someone stronger, clearer, and more intentional

This journey isn't about perfection. It's about permission to grow, to question, to feel, to heal, to begin again, and again, and again.

If you ever forget where to start, come back to the simplest truth in this entire workbook: Have a word with yourself. On the page. In the quiet. With honesty. With compassion. With courage.

Because the woman you're becoming is built one thought, one choice, one page at a time.

And she's already waiting for you.

Love Tracey x