



The Inner Rewire Journal

30 Days of Neuroscience-Based Inner Work.

Train the mind. Regulate the body. Lead from within.

A structured practice grounded in neuroscience,
cognitive psychology, and somatic intelligence.

By Tinaya Tamata

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This journal is intended for personal growth and educational purposes only. It is not a substitute for professional medical, psychological, or therapeutic advice, diagnosis, or treatment. If you are experiencing mental health challenges, please consult a qualified healthcare professional. The neuroscience concepts presented are grounded in peer-reviewed research and are applied here in an accessible, non-clinical context.



*"The mind is not a vessel to be filled, but a fire
to be kindled." — Plutarch*



*“Neuroscience confirms an ancient truth:
your brain is in constant evolution, and you
consciously design its pathways through your thoughts,
choices, and lived experiences.”*



What to expect

A 30-day practice, unfolding in four movements.

WEEK 1 · AWAKENING

Days 1–7

You begin to see what has
always been there.
The patterns that run
before thought.
The places the body has
been holding.
By the end of this week,
you know what you are
working with.

WEEK 2 · REWIRING

Days 8–14

You learn the language of
your nervous system.
Breath. Rhythm. Rest.
The science: regulated
bodies learn, dysregulated
bodies defend.
By the end of this week,
you have tools that work in
real time.

WEEK 3 · ALIGNMENT

Days 15–21

You meet the scripts you
inherited, and the scripts you
chose.
You ask which ones still fit the
woman you are becoming.
The science: each time you choose
differently, a new synaptic path
strengthens.
By the end of this week, old
patterns soften. New choices
arrive before the old ones finish.

WEEK 4 · BECOMING

Days 22–30

You carry what you built into
the ordinary life that waits for
you.
Conversations, choices, small
returns to yourself.
The science: change stabilizes
when it meets the environments
that shaped the old self.
By the end of this week, this is
simply who you are.

How to use this journal

30 days

From now, you carry something different.

Something that grew quietly one morning at a time, one honest glance inward at a time. The woman who closes this journal chose to look, every day. That choice is already changing the shape of what comes next.

✧ ✧ *A return. To yourself. One morning at a time.* ✧ ✧

Ten to fifteen minutes. That is all this asks and that is the architecture. The brain rewires through repetition, through the quiet act of coming back, even on the days the page stays mostly blank.

Each return matters. Each return builds.

This journal holds a full month of practice, structured in four movements: seven days of awakening, seven of rewiring, seven of alignment, seven of becoming.

Each week opens what the next one deepens. Every morning, you are continuing something already alive in you.

Five layers each day, each one aligned with how your nervous system actually learns:

- ◆ **Morning anchor** — *set the direction before the world sets it for you.*
- ◆ **Neuro-insight** — *one precise, science-backed truth to anchor your day.*
- ◆ **Deep question** — *a question that goes beneath the surface.*
- ◆ **Body signal** — *attune to where you actually are, before your story edits it.*
- ◆ **Evening close** — *complete the day with intention. The hippocampus consolidates what you consciously close.*

A day picked up is a day that counts.

The nervous system learns through pattern. Through the quiet repetition of return. Come back on day four. Come back on day twelve. Come back wherever you are in this. The practice carries you and you carry it forward.

✧ ✧ *Start where you are. The rest arrives as you move.* ✧ ✧





The brain rewires
through the quiet act
of coming back.





Week 1 Awakening

I choose to see myself clearly with honesty and with compassion.

THIS WEEK'S NEURO-KEY

Intentional self-observation strengthens the prefrontal cortex — the brain's center for conscious choice. This week, you are developing your inner witness. That witness changes everything.



MY INTENTION ENTERING THIS WEEK:



WHAT I AM CHOOSING TO MEET — RATHER THAN MANAGE:





MORNING ANCHOR

Today, I step into this day as someone who:

Day 1- the first step



NEUROPLASTICITY — THE GROUND TRUTH

Your brain begins rewiring the moment you choose to pay attention differently. That choice made now, made consciously creates a new electrochemical event in your prefrontal cortex. You are already in motion.

◆ DEEP QUESTION

What are you truly beginning today — beneath the surface of the obvious?

I am beginning to trust that what I feel matters. I am beginning to stop performing and start seeing.

◆ BODY SIGNAL

Energy quality today: Curiosity

☐ Very contracted ☐ Contracted ☐ Neutral ☐ Open ☐ Expansive

Place one hand on your chest. Notice: is there space there, or compression? A slight warmth, or a held breath? Stay with what is already present, before the day layers over it.





◆ EVENING CLOSE



One moment from today I want to honor:

I am closing this day carrying:

