



*nmi*  
NURTURE & MOVE

# From Wired to Wise:

A 5-Day Nervous System  
Reflection Journal



# Hi Lovely

If you've picked up this journal, chances are you've been running on empty for a while.

This space is for you. To reflect, to reconnect, and most importantly, to exhale. You won't find pressure, fixing, or judgment here. Just compassionate guidance, body awareness, and gentle prompts to help you understand your unique nervous system story.

You don't have to be calm to begin. You don't need a perfect routine. You're not broken.

*You've simply been surviving and your body has been doing its best to help you cope. Let's start by honouring that.*

*Lee*

[www.nurtureandmove.com.au](http://www.nurtureandmove.com.au)

# Day 1:

## Noticing My Stress Story

### Prompt 1:

When do I first  
remember  
feeling like I had  
to stay on high  
alert or hold it all  
together?

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### Prompt 2:

What  
messages did I  
receive growing  
up about rest,  
safety,  
emotions, or  
productivity?

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### Somatic Check-In:

Right now, what's one sensation I notice in my body when  
I think about being "stressed"? (e.g. tight chest, fidgety  
hands, heavy eyes, clenched jaw)

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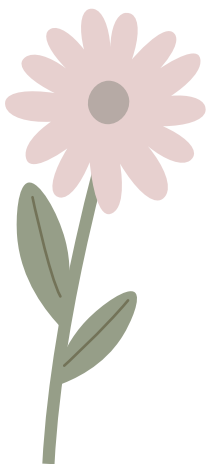
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# Day 2:

## How My Body Speaks

### Prompt 1:

What signals  
does my body  
give me when  
I'm reaching my  
limit? (e.g.  
headaches, gut  
issues, snappy  
tone, zoning  
out)

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### Prompt 2:

Which signals  
do I tend to  
ignore or  
override?

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### Try This!

Gently scan from your toes to your head. No fixing, just  
noticing. What part of your body says "I'm tired" the  
loudest right now?

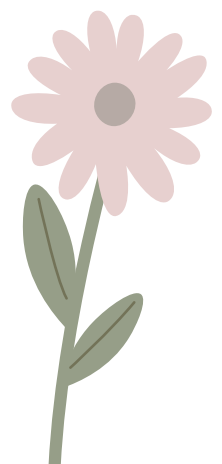
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# Day 3:

## Patterns, Parts & Protection

### Prompt 1:

When I feel  
overwhelmed,  
what do I usually  
do? (e.g. get  
busy, withdraw,  
overthink,  
people-please,  
shut down)

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### Prompt 2:

Can I thank that  
part of me for  
trying to help,  
even if it feels  
tired too?

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Compassion Cue

*“There’s a reason I do what I do. And I can offer  
myself understanding.”*

# Day 4:

## Moments of Safety

### Prompt 1:

When have I felt  
most safe, soft,  
or at ease even  
for a moment?  
What helped  
me feel like I  
could finally  
exhale?

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### Prompt 2:

What do I long  
to feel more of  
in my daily life?  
(e.g. slowness,  
laughter,  
stillness,  
warmth, quiet)

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### Somatic Reflection

Where in my body do I feel that memory or longing?  
Can I let myself stay with that feeling for five more  
seconds?

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# Day 5:

## Supporting Myself Forward

### Prompt 1:

What is one gentle shift I could experiment with this week to support myself? (e.g. noticing tension earlier, stepping outside between meetings, saying no without guilt)

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### Prompt 2:

What do I need more of? What do I need less of?

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## Final Note

*There's no rush. There's no perfect. This is a lifelong relationship, and you've just deepened it. You're not behind. You're becoming more aware and that's powerful.*



*Thank you!*

You've taken a brave and beautiful step by listening to your body.

You can explore more support and inspiration at:

W: [www.nurtureandmove.com](http://www.nurtureandmove.com)

E: [nurtureandmove@bigpond.com](mailto:nurtureandmove@bigpond.com)

IG: [@nurtureandmove](https://www.instagram.com/nurtureandmove)

Or reach out directly on 0429 095 980 or  
[nurtureandmove@bigpond.com](mailto:nurtureandmove@bigpond.com)

Also, if you'd like more 1:1 support, you're invited to book a free 15-minute connection call with me, a gentle space to explore where you are and what kind of nervous system support might be right for you. Click [here](#) to book a call

You're doing beautifully.

*Stay in touch!*

LEE TOMLINSON