## **Welcome to Your Printable Tracker Pack**

*A Companion Resource for***Rewire Your Reality: A 30-Day Quantum Neuro-Energy Plan to Heal Trauma, Rewire Identity, and Reclaim Your Life**

This tracker is a **bonus resource** created especially for those who have purchased the *Rewire Your Reality* book, to help you go deeper, integrate what you are learning, and actually embody your healing.

It’s designed to be easy to use, whether you are printing it out or filling it digitally.

📌 **How to Use**

* You can **upload this document to Google Docs** for easy editing.
* Simply go to **File → Make a copy** to save it to your own Google Drive.
* Use it daily or weekly as you move through the book — or return to it any time you need an identity reset.

🛒 Haven’t purchased your copy yet?
 You can buy the full ebook here: <https://miindtraa.com/rewire>

📲 Need help or want to share your journey?
 Feel free to reach out to us anytime on Instagram:
 → [@miindtraa](https://instagram.com/miindtraa)

We’re here to support your healing, rewiring, and becoming.
With love,
**Dr. Amaey & Pankaj***Creators of NQH™ & Founders of Miindtraa*

## **Daily Identity Tracker**

*A Rewire Your Reality Companion Tool*

**Date:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**1. Morning Intention** Who am I becoming today?
 → *Today I choose to embody:*

**2. Felt Sense Check-In (Morning)** On a scale of 1 to 10:

* Emotional Alignment: ☐☐☐☐☐☐☐☐☐☐
* Energy Coherence: ☐☐☐☐☐☐☐☐☐☐
* Inner Safety: ☐☐☐☐☐☐☐☐☐☐

**3. Midday Rewire Moment** Did I notice any old identity loop showing up?
 ☐ Yes
 ☐ No

If yes, what was the loop or trigger?

How did I choose to respond instead?

One sentence that helped me rewire:
 → *“It’s safe to choose \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_”*

**4. Evening Integration** One action that reflected my future self today:

One feeling I want to release before sleeping:

What I am proud of today:

**5. Nighttime Self-Talk (Choose One)** ☐ “I am safe to rewire. I did my best.”
 ☐ “I don’t have to be perfect to be worthy.”
 ☐ “Every part of me is learning to feel safe again.”
 ☐ *Write your own:* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Optional Future Self Anchor (visualization prompt)** Close your eyes. Feel who you’re becoming. What is one word that describes them?

## **Emotional Loop Interrupt Sheet**

*A moment-to-moment rewire tool to shift from trigger to truth.*

**Date & Time of Trigger:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**1. What happened externally?** (Describe the situation or event that activated your response)
 → \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
 → \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**2. What did I feel in my body?** ☐ Chest tightness
 ☐ Racing heart
 ☐ Heat or restlessness
 ☐ Numbness or shutdown
 ☐ Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**3. What emotion surfaced most strongly?** ☐ Fear
 ☐ Shame
 ☐ Anger
 ☐ Guilt
 ☐ Sadness
 ☐ Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**4. What was my old loop or default reaction?** (Example: withdrawing, overexplaining, snapping, freezing, people-pleasing, etc.)
 → \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
 → \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**5. Pause & Rewire Reflection**

* What is this *really* about?
 → \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* What part of me was being protected?
 → \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* What do I now know that wasn’t safe to believe back then?
 → \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* What new choice is safe to make now?
 → \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**6. My New Rewired Response** → “Instead of repeating the past, I choose to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.”

**7. Anchor Phrase to Close the Loop** Choose one or write your own:
 ☐ “It’s safe to choose differently.”
 ☐ “This isn’t the same as before.”
 ☐ “I am not who I used to be.”
 ☐ *My own:* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**8. Integration Reminder** ☐ Took a deep breath
 ☐ Reached out for support
 ☐ Journaled / Grounded
 ☐ Let myself feel and release

## **Ritual Planning Grid**

*Purpose: To map out your NQH™-based daily and weekly healing rituals with clarity, intention, and consistency.*

### **Step 1: Define Your Focus**

This week, I want to focus on healing or rewiring:
 → \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
 (Example: fear of abandonment, morning anxiety, self-worth, energy leaks, overthinking)

### **Step 2: Choose Your Daily Ritual Anchors**

Pick 1 from each category below to integrate into your morning or evening practice. Rotate or repeat as needed.

| **Ritual Category** | **Technique/Tool Options (choose 1 daily)** | **My Choice This Week** |
| --- | --- | --- |
| **Energy Reset** | Flow Frequency Tuning, Grounding Activation, Energy Reconciliation | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| **Emotional Rewire** | Pattern Interrupt, Emotional Clearing Spiral, Past Loop Disruption | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| **Subconscious Shift** | Quantum Mind Programming, Identity Belief Rewiring, Memory Rewrite | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| **Future Self Anchor** | Mental Movie, Future Self Activation, Timeline Jumping | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

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###  **Step 3: Weekly Grid**

| **Day** | **Energy Reset** | **Emotional Rewire** | **Subconscious Shift** | **Future Self Anchor** |
| --- | --- | --- | --- | --- |
| Monday |  |  |  |  |
| Tuesday |  |  |  |  |
| Wednesday |  |  |  |  |
| Thursday |  |  |  |  |
| Friday |  |  |  |  |
| Saturday |  |  |  |  |
| Sunday |  |  |  |  |

###  **Step 4: Add Support Rituals (Optional)**

☐ Breathwork (Emotional Releasing Breath)
 ☐ Journaling / Tracker Sheets
 ☐ NQH™ Guided Audios
 ☐ Nervous System Check-In
 ☐ Nature / Movement
 ☐ Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

###  **End-of-Week Reflection**

1. One ritual that created the biggest shift: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. One block I noticed during ritual time: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. One way I supported myself better this week: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## **Weekly Reflection Map**

*A conscious closing loop to anchor your identity shifts, emotional healing, and energetic realignments.*

**Week Start Date:** \_\_\_\_\_\_\_\_\_\_\_\_\_  **Week End Date:** \_\_\_\_\_\_\_\_\_\_\_\_\_

### **1. What theme or emotion showed up most often this week?**

→ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
 → \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

### **2. What identity shift am I most proud of?**

→ “This week, I showed up as someone who \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.”
 → “I felt most like my true self when \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.”

### **3. What patterns or loops tried to resurface?**

→ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
 → How did I respond differently than before?
 → \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

### **4. Where did I honour my nervous system and emotional truth?**

→ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
 → What helped me feel safe again?
 → \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

### **5. What rituals or tools supported me most this week?**

☐ Energy Reset
 ☐ Emotional Rewire
 ☐ Identity Rehearsal (Mental Movie / Future Self)
 ☐ Breathwork / Bodywork
 ☐ Journaling / Reflection
 ☐ Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

### **6. What still feels unresolved or tender?**

→ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
 → What do I need to feel safe moving forward?
 → \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

### **7. Final Integration Prompt**

Write one truth I want to carry forward into next week:
 → “It’s safe to believe that \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.”