

5 DAYS TO DEEP CALM

DAY 1

Hint - It's always better to print it out

Mindset



TAMSIN BRAMLEY



THE 5 DAYS TO DEEP CALM EXPERIENCE

5 days closer to having the harmony, tranquility, and equilibrium that we so often crave. In this 5-day experience, I'm going to give you the tools you need to live the life you love and the deep calm you need.

This 5 day experience will not be a challenge, it will be an enjoyable experience that you're going to jump out of bed each morning looking forward to the next exercise and task. I've enjoyed putting this framework together. It's a well-thought-out practice that fits in perfectly in the right order, so do the tasks in order if you can and enjoy the process.

It all starts with your mindset.

It's time to get our mindset on track and spread some positivity!

Let's take a moment to appreciate the incredible power of our mindset and how it can shape our lives in the most magical ways! Today, I want you to join me on a journey of cultivating a positive mindset that radiates good vibes and attracts limitless possibilities!

It's time to let go of any self-doubt or negative thoughts that hold us back. Let's see this experience as an opportunity for growth and learning.

You're about to be introduced to a new way of thinking about the day, and a new way of looking at things.

Today's task is called "Mind Mastery" - in this task, we will be doing something different. You'll learn how we all have thoughts that run our lives and when we just think a little bit differently in a way that is encouraging and kind, we can see big shifts happening, and we learn to build trust in ourselves.

Our mindset can be such an overlooked part of our well-being, and I'm here to change that. If we want deep calm, harmony, and tranquility, then we are going to have to do the tasks and show up for the experience. I promise you won't regret it.

Tamsin Bramley



So what are some practical steps we can take to shift from a negative to an optimistic mindset?

Well, we are doing some exercises today in your 15 minute Mindset Video which you will have received today.

So please make sure you go and do that.
Remember, let's just for today do something different.

If you normally sign up for a challenge but then let it fall by the wayside, make the decision today to go do the tasks! You will not regret it and your mind will thank you for it.

So let's get a little bit excited about what this experience might mean for you.

I'm already excited, can you tell?

So what is Mind Mastery anyway?

It is the ability to have control over our thoughts and emotional mindset, which involves breaking free of negative thought patterns, limiting beliefs and unhelpful habits and this can be a lot harder than it sounds.

But I'm here to help.

Tamsin Bramley

www.tamsinyoga.co.uk

hello@tamsinyoga.com



HELLO!

My name is Tamsin and I help you gain Deep Calm
Vitality and Grounding in your life through the art of
Yoga, Mindfulness, Meditation, Breathing, Colour
Therapy and Hypnosis techniques



Tamsin Bramley

TASK 1

WORKSHEET

Become aware of your self-talk? what role does talk play in shaping your mindset?

Can you list up to 3 negative thoughts that are coming into your head now, pay attention to any self-limiting beliefs that might be holding you back, these could be thoughts like “I’m not good enough”, “I do not have what it takes” or “I’ll never succeed”

YOUR THOUGHTS:

1

2

3

TASK 2

WORKSHEET

Let's reframe these negative statements and make positive statements out of them, for example, using the example above.

I am more than enough and have valuable qualities and skills to offer.

I have all the resources and abilities necessary to achieve my goals.

I am capable of achieving success and will continue to strive towards my goals with determination and resilience.

When you make your statement above, remember to use the positive in the moment as if the statement is true,

As in: I Can, I Am, I Will, I Choose, I Have, I Love, I Create, I Enjoy

YOUR POSITIVE RESOLVE

1

2

3

Tamsin Bramley

MINDSET TIPS

Remember mindset is a continuous practice, so be patient and kind to yourself through the journey

- 1. Practice self-care:** Take care of your physical and mental well-being throughout the experience. Make sure to get enough rest, eat nutritious food, and engage in activities that help you relax and recharge. This will boost your resilience and help keep your mindset positive and focused.
- 2. Create a support system:** Surround yourself with a supportive network of friends, family, or mentors who can provide encouragement and guidance along the way. Share your goals and aspirations with them, and ask for their support when needed.
- 3. Identify specific barriers:** Take some time to reflect on any potential barriers or challenges that you anticipate might hinder your progress in completing this experience. It could be time constraints, lack of resources, fear of failure, or any other obstacles that you think might come up.
- 4. Celebrate small wins:** Acknowledge and celebrate your progress, no matter how small. Recognize your achievements and give yourself credit for the effort you're putting in. This will help you stay motivated and reinforce a positive mindset.

WHAT YOU NEED TO POST IN THE COMMENTS IN TODAY'S TASK POST

Don't post screenshots of your worksheet - reply directly in the comments of today's 'task post' (published at 6 am BST/1 am EST).

3 positive statements from Task 2



NEED MORE INSIGHT & SUPPORT?

Please ask any questions in the Facebook group, we are here to help, you can tag me or ask any question in the daily 'Q&A' thread in the group and I'll respond in the live video at 8 pm BST/3 pm EST each day.

Tamsin Bramley