

5 DAYS TO DEEP CALM

DAY 3

Hint - It's always better to print it out

Your Unique Schedule



TAMSIN BRAMLEY



Your Unique Schedule

We all have different rhythms, some of us thrive in the morning, while others come alive at night. Yet, amid our chaotic lives, we often feel pressured to conform to a certain routine. Maybe your mind is foggy in the morning and exercise is the key to clarity. Or perhaps you wake up bursting with creativity and ideas. You might be a night owl, brimming with energy and ready to seize the night, or you might be exhausted and in need, of rest. It's important to honour our unique rhythms and find what works best for us, to truly thrive and succeed in a life that brings us joy.

Tamsin Bramley



Having a routine is key. But it doesn't have to be that nine to five routine if we don't want it to be. One size does not fit all. You might work better in the morning or you might work better in the afternoon. When we work from home or for ourselves, it's just as easy to stay in bed, take the day off, or do something else. We need structure or processes. We need a routine that works for us.

When we work for someone else, it's even more important to carve out time for yourself. We need to wake up feeling excited for the day, with vitality, energy, and excitement. This is our life support package, this is the self-work, the focused work, the me time, this is the grounding you need, behind the scenes of the life you live and love.

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Example of my schedule

WEEKLY PLANNER

MONDAY	8.30 am Wake up Me time	9 am Journaling mindset gratitude	10 am teaching 12 pm teaching	3.15 pm teaching 6.15 pm teaching	8pm Home
TUESDAY	8.30 am Wake up Me time	9 am Journaling Mind set gratitude	11 - 3 or 4 Admin	4-5 exercise	7.30 pm teaching 9 pm Home
WEDNESDAY	8.30 am wake up me time	9 am Journaling mindset gratitude	10 am teaching	11.30 exercise	1-4 Admin 6 pm teaching Home 10 pm
THURSDAY	8.30 am Wake up me time	9 am Journaling mindset gratitude	11 am teaching	12.30-5 Admin	5-6 exercise 8pm teaching 9.15 Home
FRIDAY	9.00 am Wake up Me time	10 am Journaling mindset gratitude	11 am - 4 Admin	4-5 exercise	Weekend Begins
SATURDAY	Lye in, family time, exercise				

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Notice, that I give myself time in the mornings. I am not a morning person so I find mindfulness and gratitude very helpful here, I also like to put my thoughts and ideas in a journal and prepare an action plan for the day, My energy is mid-morning and then evening so as I teach yoga this is when I prefer to teach. Admin comes in the middle of the day then maybe some exercise... then a power nap. For exercise I prefer to swim, walk or do a bit of my yoga practice. All of Sunday is me time.

Tamsin Bramley

TASK 1

WORKSHEET

Make a plan, create a schedule that fits you, write in a little bit of me time, EACH day, meditations, yoga, self-care, me time. This might be the time we do the exercises this week.

Write down any thoughts that come up, they might even be negative thoughts like, I don't have time, I don't deserve me time, everyone else is more important than me .

YOUR THOUGHTS:

1

2

3

TASK 2

WORKSHEET

Write it all down and then think back to what
we did on day 1.

It's time to change the negative chatter, change your
negative self talk.

There's a planner on page 9 and 10 to make your plan 📌

Change the Negative self-talk to the
positive

1

2

3

MORE SPACE TO
WRITE DOWN YOUR
THOUGHTS

Maybe make a rough draft of
your schedule

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Unique schedule Tips

Remember it's not about the size of the space but the intention. Personalise your space and make it feel special and yours.

- 1. Identify Your Peak Productivity Times:** Determine when you are most productive and focused during the day, whether it's in the morning, afternoon, or evening. Schedule your most important tasks during these peak hours to maximize efficiency.
- 2. Prioritize Me Time:** Allocate dedicated time in your schedule for self-care, hobbies, or activities that bring you joy and relaxation. Make self-care a priority to ensure a healthy work-life balance and overall well-being.
- 3. Set realistic goals:** Establish achievable goals and tasks for each day based on your energy levels and priorities. Break down larger projects into smaller, manageable tasks. Include regular breaks in your schedule to prevent burnout and maintain focus.
- 4. Reflect and Adjust:** Regularly reflect on your schedule and evaluate what is working well and what needs improvement. Be open to adjusting your routine to better suit your unique needs and ensure that you continue to prioritize self-care and me time.

MONTHLY PLANNER

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

NOTES:

WEEKLY PLANNER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOTES AND IDEAS

Tamsin Bramley

YOUR THOUGHTS DAILY JOURNAL

DATES:

MOOD:

GOAL

TO DO LIST

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WHAT YOU NEED TO POST IN THE COMMENTS IN TODAY'S TASK POST- Day 3

Take a photo of your schedule and post it in the group. Don't worry if its not perfect, remember it wants to be a work in progress - reply directly in the comments of today's task post (published at 6 am BST/1 am EST).

Tell us about any resistance you might have had if you want to.



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 8pm BST/ 3pm EST pm each day

Tamsin Bramley