

5 DAYS TO DEEP CALM

DAY 5

Hint - It's always better to print it out

Reflection



TAMSIN BRAMLEY



Make a Plan, Reflection

What are we going to do differently
from now on?

If we want to get different results then we need
to do something different.

Let's make a plan for success.

Looking back at the week, do you feel like you
have moved forward in your life?

have you done something different?

What do you want?

Remember we need to create the mind space and
the physical space.

Tamsin Bramley



In order to move forward in life, it is important to let go of things that are no longer benefiting you. Take a moment to pause, slow down, and reflect on the boundaries you have set for yourself and with others. Consider where you want to go and what you want to achieve. Learn to appreciate the effort it takes to reach your goals and ask yourself what changes you need to make to get there.

Trust in the path you are on and remember to come back to centre during times of uncertainty. Embrace the quiet moments, as this is where the magic happens.

Reflect on when you found time to complete the exercises in this challenge - this can provide insight into what truly matters to you. Consider how these activities made you feel and use that as a guide for what you truly desire.

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Refection-Intention

Day 5



Tamsin Bramley

Day 5

TASK 1 WORKSHEET

Take a little time to reflect!

Ask Your Self - What do you want?

Where do you want to go?

How do I need to show up in my life differently, to get
what I want?

Pop your answers below 📝

1

2

3

Tamsin Bramley

Day 5

TASK 2

WORKSHEET

Set some intentions here right now and list them in the space below.

1. List 1 or 2 things you need to let go of or move forward from..
2. List 1 or 2 things you'd like to add moving forward.
3. What's the very first thing you're going to do to change?

create some space, add
something positive and set
your intention

1

2

3

Reflection– Make a Plan Tips

Remember to let go of the past, trust the process, set intention, take action, stay open to new possibility

- 1. Reflect on the reasons for letting go. Take some time to understand why you are choosing to let go of something. It could be for a personal reason, to create space for new opportunities or to release negative energy.**
- 2. ‘Focus on the present moment’ stay grounded in the here and now as you let go of the past. Practise mindfulness to help you stay present and cultivate a sense of acceptance for what is. Embrace the journey of letting go with openness and awareness.**
- 3. When creating a plan for what comes next ‘set clear intentions’ to what you want to invite into your life, visualise your desired outcome and goals and be specific about what you want to manifest.**
- 4. Once you have identified what you want to attract into your life ‘take inspired action towards your goals’. Break down your plan into actionable steps and commit to moving forward with purpose and determination.**

WHAT YOU NEED TO POST IN THE COMMENTS IN TODAY'S TASK POST– Day 5

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).

Please share your answers to the 3 questions in today's 'task 2 section'

I promise it makes a huge difference to your actions when you share your intentions, so if you want to do the thing, share the thing - Woohooooo!



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/3pm EST each day