

PRINTABLE

Results
JOURNAL



*You've got the
POWER*

5 DAY CHALLENGE

ANXIETY TO CONFIDENCE

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Your coach and host is AMANDA BRENKLEY.

Creator of **You've got the POWER!**

Welcome, I am a qualified social worker, therapist and coach.

My mission is to help everyday people like you remove anxiety and release your full power in just 5 days!

Thank you for joining me and taking the first step towards taking control of your life. I am really pleased you have made the decision to take part in You've got the POWER! I can't wait to see how you get on and what you will achieve.

- 1.** Make sure you have joined the Facebook group this is where the challenge is hosted.
- 2.** Print the Journal.
- 3.** Complete the first journal exercises.
- 4.** Watch the live events and take part this is interactive.
- 5.** Share you progress - I would love to hear how you are getting on tag me @amandabrenkley and use hashtag #you'vegotthepower. My team and me are keeping an eye out.
- 6.** Take this training with a friend because accountability and community are vital. They can join at amandabrenkley.com

SCHEDULE

- DAY ONE : **STRATEGIES FOR ANXIETY**
- DAY TWO: **MONEY AND ANXIETY**
- DAY THREE: **ACCEPTING YOURSELF**
- DAY FOUR: **SABOTAGING BEHAVIOURS**
- DAY FIVE: **HARNESSING CONFIDENCE**



HOW TO USE THIS JOURNAL

Use this Journal alongside the live coaching sessions as I will be going deep into each section during each session.

I am so excited that you are ready to take action, we will working together to master your mind as this is where the magic happens.

Over these 5 days you will learn so much to help you transform your life, but you do need to show up and commit! I've used these methods myself and used them with hundreds of my clients.

1 WHY DID YOU SIGN UP FOR THIS 5 DAY CHALLENGE?

2 WHAT WOULD LIFE FEEL LIKE FOR YOU IF YOU WERE ABLE TO BE FREE FROM ANXIETY?

3 WHAT WOULD IT FEEL LIKE TO BE MORE CONFIDENT AND HAPPY?

STARTING QUESTIONS

WHAT DOES YOUR LIFE LOOK LIKE RIGHT NOW?

WHAT DO YOU WISH YOUR LIFE COULD LOOK LIKE INSTEAD?

HOW COMMITTED ARE YOU TO CREATING A TRUE CHANGE?

WHAT WOULD YOU DO IF YOU COULDN'T FAIL?

WHAT HAPPENS IF YOU DONT PLAY BIG



STEP #1: YOUR WHY STATEMENT. Take some time to write down why you have chosen to embark on this path and take this journey.

STEP #2: YOUR CHALLENGE INTENTIONS. Take a deep breath and write down how you feel about your mind, body and spirit. Then write down how you want to feel instead.

HOW I FEEL IN MY MIND:

HOW I WANT TO FEEL IN MY MIND:

HOW I FEEL IN MY BODY:

HOW I WANT TO FEEL IN MY BODY:

HOW I FEEL IN MY SPIRIT:

HOW I WANT TO FEEL IN MY SPIRIT:

INTENTIONS

BE HONEST WITH YOURSELF

STEP #3: YOUR DREAM LIFE. Imagine a life in which you had everything you needed, that that money wasn't an issue. What would your life look like? What would your home look like? What would your days look like? What would you do? Who would you be?



DAY 1

STRATEGIES FOR RELEASING ANXIETY



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DAY ONE

INTENTIONS

QUESTION #1: What are your goals and intentions for Day 1 ?

QUESTION #2: What obstacles are in the way of your goals and intentions?

QUESTION #3: What are you going to do to reach your goals and intentions?

COACHING SESSION 1

D U E D A T E

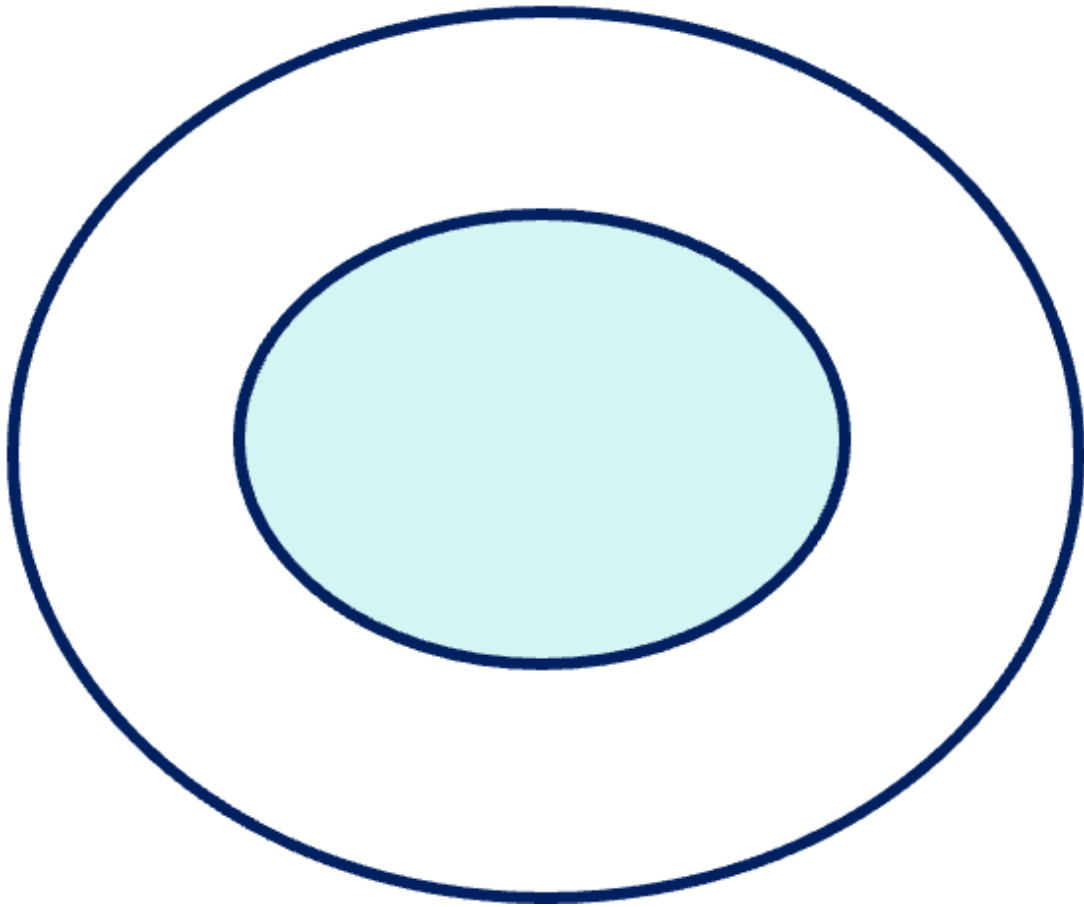
- Attend the live
- Take away what bits that work for you
- Complete **Action** Steps and impliment

WHEN YOU THINK ABOUT YOUR GOALS, WHAT LIMITING BELIEFS COME UP FOR YOU?

WHERE DID THOSE BELIEFS COME FROM?

HOW DID THE ADULTS IN YOUR CHILDHOOD EMOTIONALLY REGUALTE?

Circle of Control



1. DRAW OR WRITE ALL THE THINGS YOU CAN CONTROL IN THE CENTRE CIRCLE.
2. DRAW ALL WRITE ALL THE THINGS IN THE OUTER CIRCLE THAT YOU CAN'T CONTROL.
3. THINK OF ONE THING YOU CAN DO TO EAST ONE OF THESE CENTRAL WORRIES.

Circle of Control

The "Circle of Control" is a concept in personal development and self-help that refers to the idea that there are certain things in our lives that we have control over and other things that we don't.

The Circle of Control is the area in our lives that we have control over, and it includes our thoughts, emotions, actions, and reactions.

The idea behind the Circle of Control is that by focusing our energy and attention on the things we can control, we can be more effective and productive, and we can feel more empowered and fulfilled in our lives.

Conversely, by worrying or stressing about things outside of our control, we waste our energy and create unnecessary anxiety and stress.

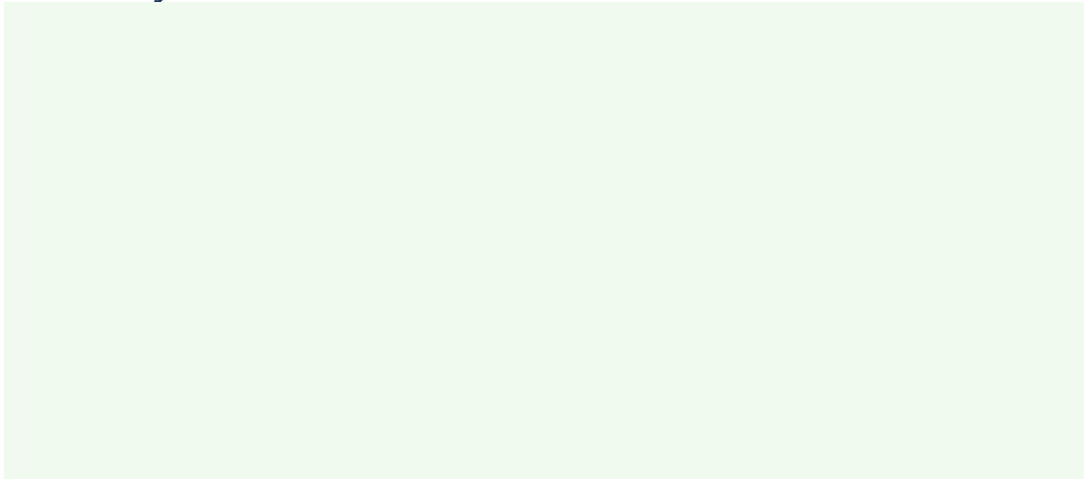
By recognising what is within our Circle of Control and what is outside of it, we can prioritise our efforts and avoid wasting time and energy on things that are beyond our influence.

This can help us to achieve our goals, improve our relationships, and maintain a positive outlook on life.

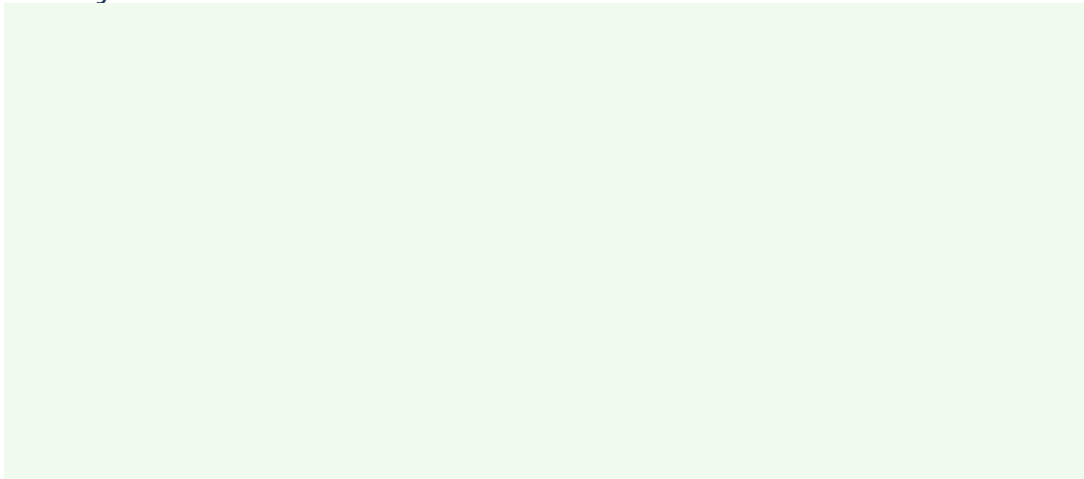
DAY ONE

REFLECTIONS

QUESTION #1: What was the most interesting or helpful thing about Day 1 ?



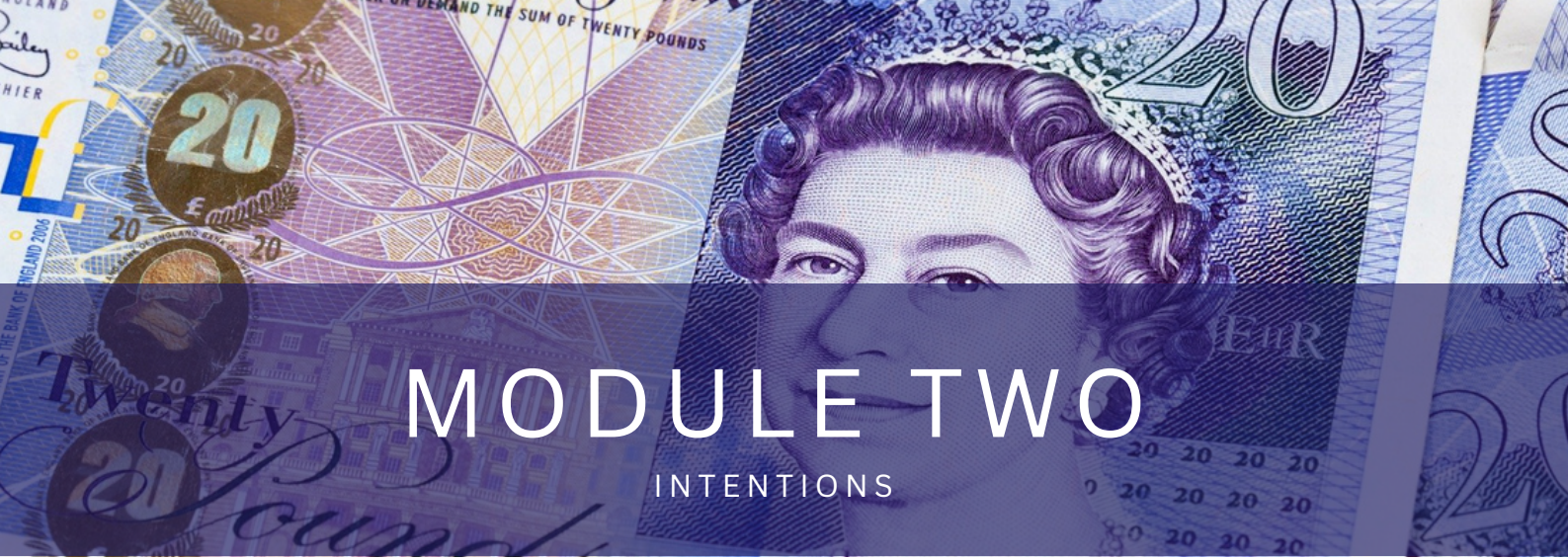
QUESTION #2: List 1-2 actions you are going to take to implement what you've learned.



DAY 2

MONEY MASTERY





MODULE TWO

INTENTIONS

QUESTION #1: What are your goals and intentions for Day 2 ?

QUESTION #2: What obstacles are in the way of your goals and intentions?

QUESTION #3: What are you going to do to reach your goals and intentions?

Financial Goals

List your economic or financial goals. Next to each one, write down the time within which you are committed to accomplishing it.

Date	Economic or Financial Goals	Timeline

COACHING SESSION 2

D U E D A T E

- Attend the live
- Take away what bits that work for you
- Complete **Action** Steps and impliment

WHAT IS YOUR LONG TERM MONTHLY INCOME GOAL?

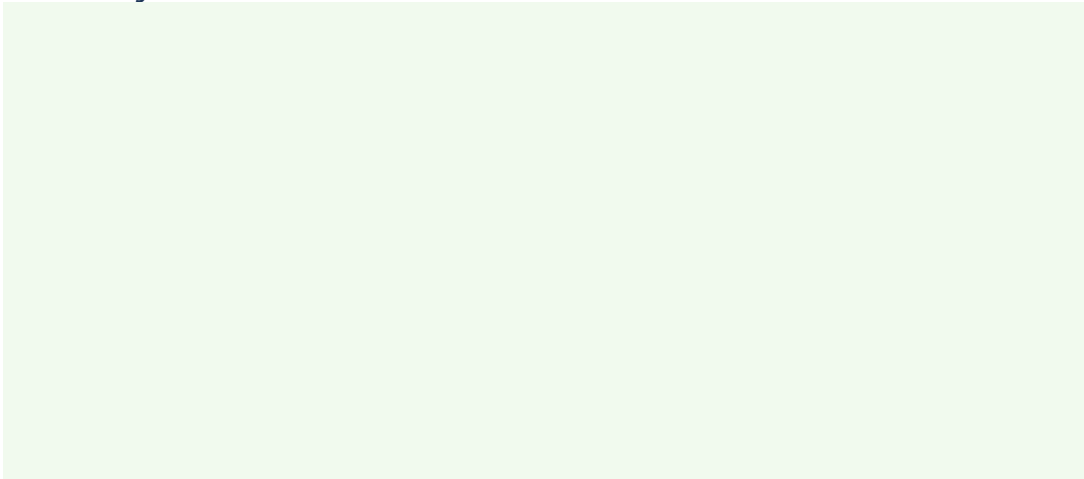
WHAT IS THE SHORT TERM GOAL?

WHAT ONE ACTION CAN YOU TAKE?

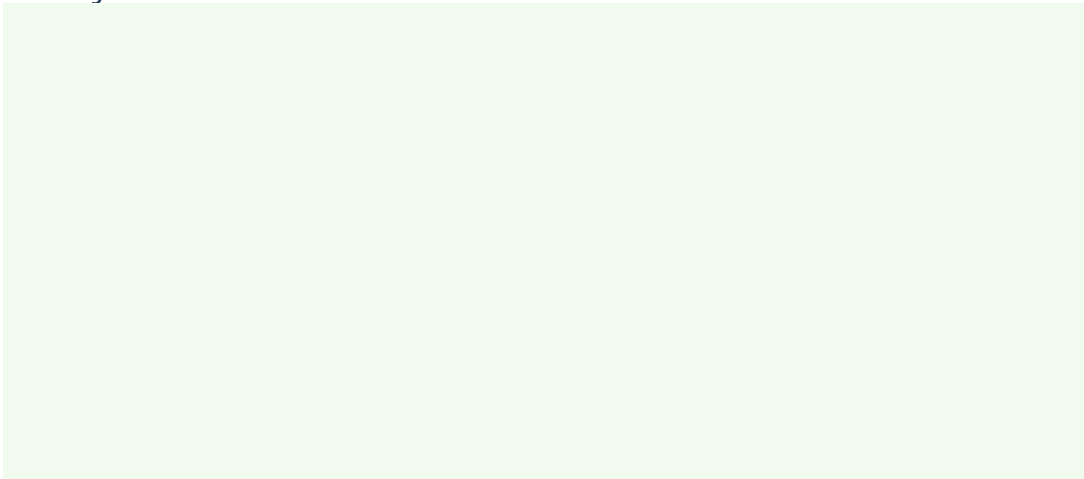
DAY TWO

REFLECTIONS

QUESTION #1: What was the most interesting or helpful thing from Day 2 ?



QUESTION #2: List 1-2 actions you are going to take to implement what you've learned.



DAY 3

ACCEPTING YOURSELF

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DAY THREE

INTENTIONS

QUESTION #1: What are your goals and intentions for Day 3 ?

QUESTION #2: What obstacles are in the way of your goals and intentions?

QUESTION #3: What are you going to do to reach your goals and intentions?

COACHING SESSION 3

D U E D A T E

- Attend the live
- Take away what bits that work for you
- Complete **Action** Steps and impliment

NAME ALL THE THINGS YOU LOVE

HOW LONG DID IT TAKE FOR YOU TO NAME YOURSELF?

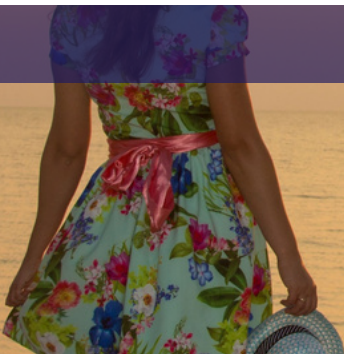
HOW MUCH DO YOU LOVE YOURSELF - SCALE OF 1-10

MODULE THREE

REFLECTIONS

QUESTION #1: What was the most interesting or helpful thing from Day 3 ?

QUESTION #2: List 1-2 actions you are going to take to implement what you've learned.



Notes

DAY 4

SABATAGING BEHAVIOURS



DAY FOUR

INTENTIONS

QUESTION #1: What are your goals and intentions for Day 3 ?

QUESTION #2: What obstacles are in the way of your goals and intentions?

QUESTION #3: What are you going to do to reach your goals and intentions?

COACHING SESSION 4

D U E D A T E

- Attend the live
- Take away what bits that work for you
- Complete **Action** Steps and impliment

WHAT SABATAGING BEHAVIOURS STAND IN YOUR WAY?

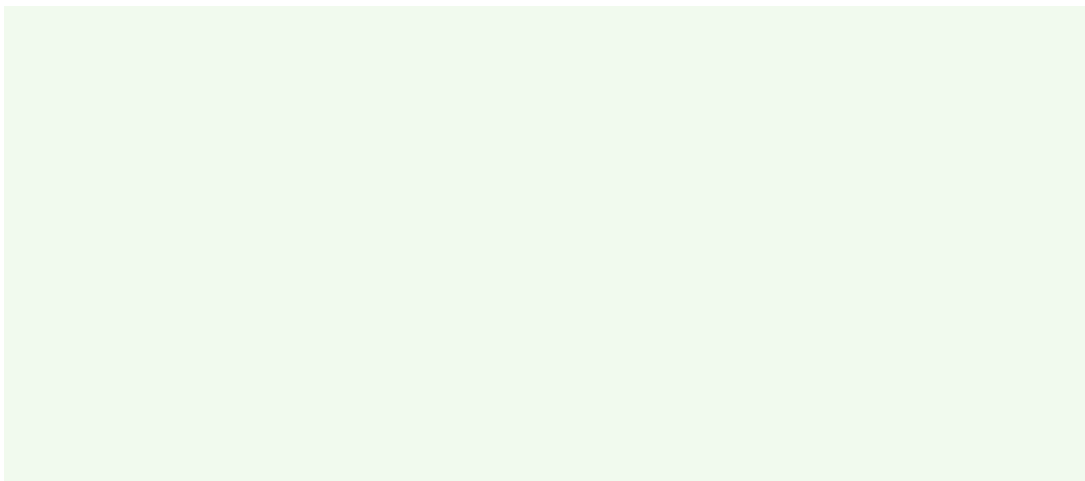
DO YOU WANT TO CHANGE?

WHAT ACTION CAN YOU TAKE?

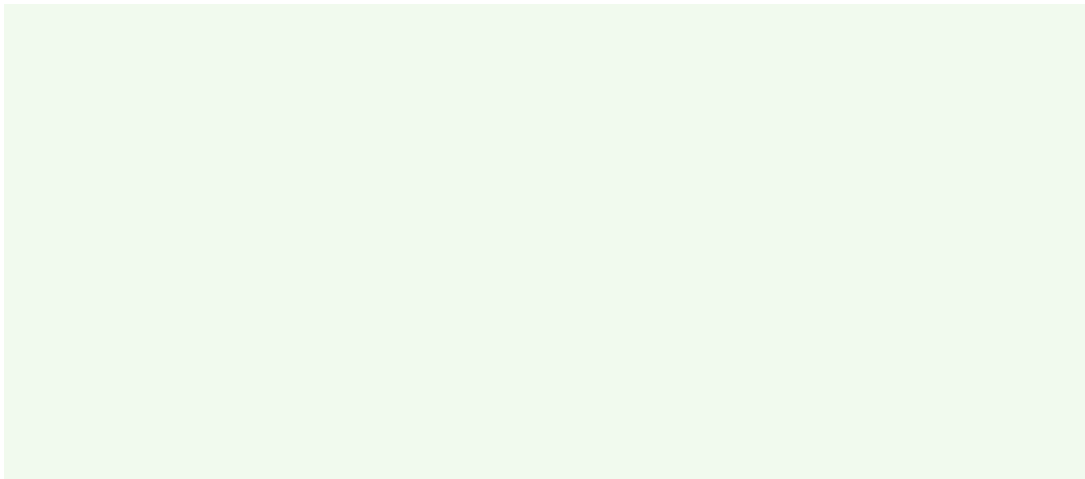
DAY FOUR

REFLECTIONS

QUESTION #1: What was the most interesting or helpful from Day 4?



QUESTION #2: List 1-2 actions you are going to take to implement what you've learned.



Notes

DAY 5

HARNESS CONFIDENCE

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DAY FIVE

INTENTIONS

QUESTION #1: What are your goals and intentions for Day 5?

QUESTION #2: What obstacles are in the way of your goals and intentions?

QUESTION #3: What are you going to do to reach your goals and intentions?

COACHING SESSION 5

D U E D A T E

- Attend the live
- Take away what bits that work for you
- Complete **Action** Steps and impliment

WHERE WOULD YOU WANT TO BE MORE CONFIDENT?

WHATS STOPPING UP?

WHAT CAN YOU DO DIFFERENTLY

DAY FIVE

REFLECTIONS

QUESTION #1: What was the most interesting or helpful thing about you learnt from Day 5?

QUESTION #2: List 1-2 actions you are going to take to implement what you've learned.

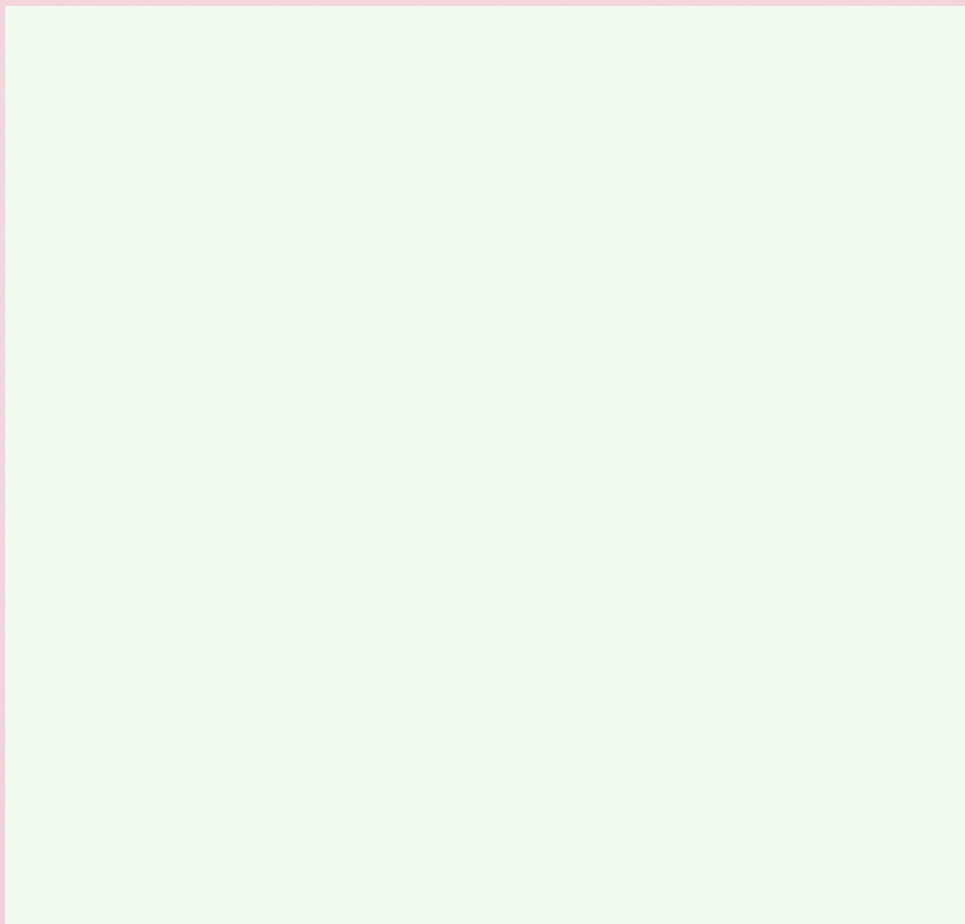


Notes

A festive background featuring a pink rectangular overlay with a white border of stars. The background shows a champagne glass being held up, confetti falling, and a Christmas tree with lights and ornaments at the bottom. The overall scene is celebratory and warm.

REFLECTIONS

STEP 1: YOUR TRANSFORMATION. Take some time to write down exactly how your life has changed for the better since we first started this journey together...

A large, empty white rectangular box centered on the pink overlay, intended for writing reflections. The box is completely blank and occupies the lower half of the page.



Thank you for joining me,
love Amanda xx