

# PATHWAY TO CALMNESS, CLARITY, CONFIDENCE & CONNECTION





# Welcome to Day 4...

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*The Pathway to  
Calmness, Clarity, Confidence  
& CONNECTION!*



# Your Practical Pathway Begins...

Day 1

**CALM**

*The  
Power of  
Presence  
& the  
Beauty  
of Breath*

Day 2

**CLEAR-MINDED**

*Seeing, Feeling  
&  
Hearing  
Clarity*

Day 3

**CONFIDENCE**

*Stepping into  
a  
Confident  
New You*

Day 4

**CONNECTION**

*Connecting on  
the Inside  
=  
Connecting  
on the  
Outside*

**BONUS DAY**

**WRAPPING IT ALL  
TOGETHER**

*Wrapping  
everything  
we've learned  
into one  
meaningful  
day, week, month  
and year.*





# OVERVIEW

## Day 4





# What is in Store for YOU Today...

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- *What is Healthy, Meaningful Connection*
- *Connection BINGO!*
- *Journalling our “Day Scans”*
- *Chakra Chording Exercise (Audio)*





# SECTION ONE





# HEALTHY, MEANINGFUL CONNECTION

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## WHAT IS CONNECTION

### CONNECTION IS...

- “A state of being connected to someone or something else” (Cambridge)
- “Something that joins or connects two or more things” (Merriam-Webster)

Depending on our “**State of Being,**” the *connection* we have with others can be deeper and more meaningful, or weaker and more fragile

That “**Something,**” which ***creates connection*** is our awareness, our desire, our will, our intention and our action





# HEALTHY, MEANINGFUL CONNECTION

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## HOW DO WE CREATE CONNECTION?

**Most Importantly:** The Connection starts with yourself. Any type of relationship starts with yourself.

Healthy, meaningful connections are created first within ourselves... and then they get built outwards with others.

When we feel emotionally calm, clear-minded, confident and connected within ourselves (through various exercises I have shown you in this program and more) we now have the awareness & the ability to **CHOOSE WITH CLEAR INTENTION** not only to **CONNECT** with others, but to do so in a **PEACEFUL, POWERFUL & MEANINGFUL** way.





# HEALTHY, MEANINGFUL CONNECTION

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What does it LOOK, SOUND OR FEEL like to have  
MEANINGFUL Connection?

*According to Author and Researcher [Brené Brown](#), she defines meaningful connections as: "...the energy that exists between people when they feel seen, heard, and valued; when they can give and receive without judgment; and when they derive sustenance and strength from the relationship."*





# HEALTHY, MEANINGFUL CONNECTION

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What does it LOOK, SOUND OR FEEL like to have  
MEANINGFUL Connection?

**Exercise:** Close your eyes and ask your unconscious mind to show you the answer to this question. Feel what the sensation of pure connection would feel like. Perhaps you hear uplifting words or music. Maybe you see a memory of a time when you experienced deep connection with a person in your life. Or maybe you feel a physical sensation or shift in your body.

Simply be present to what *Pure, Meaningful Connection*  
looks, sounds and feels like to you.





# HEALTHY, MEANINGFUL CONNECTION

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## Why is connection so important?

Human Beings are wired for Connection; on a deep, soulful, heart-felt level. Our lives and interactions are all built around various forms of relationships, and therefore connection.

To quote a wise man, *Albert Einstein*:

*“A human being is a part of the whole called by us universe, a part limited in time and space. He experiences himself, his thoughts and feeling as something separated from the rest, a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty.”*

Simply put, Einstein was promoting the importance of deep human connection and unity.





# HEALTHY, MEANINGFUL CONNECTION

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What are different ways to connect with someone?  
(Find out just ahead!)





**B I N G O**

**SECTION  
TWO**



# BINGO CONNECTION CARD

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Connect with Others in different ways!

Everything can be done & shared together  
online or offline

with friends, family, roommates, partners...the sky is the limit!

*See next page for your*

***BINGO CONNECTION CARD!!***

*PDF File of Bingo Card attached on platform.*

*Print it off, post it on your wall or fridge  
and start checking off 1 box each day!*

*Most Importantly...HAVE FUN!!!*

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B	I	N	G	O
Play a board game or cards together	read a book together	Dance your heart out together	learn something new or take a course online together	Send a kind hearted email
exercise and /or do fitness challenges together	sing and/ or do karaoke together	Laugh uncontrollably together for at least 1 minute straight	Cook and/or Eat together	Meditate together
Have an upbeat video call	Have fun, playful time together (get creative ;)	<b>FREE BINGO CONNECTION</b>	Share something intimate and vulnerable about yourself with someone who is deserving to hear it	Write a poem for someone and share it with them
Let someone know how much you appreciate and are grateful for them	Share your grand life vision with someone who is deserving to hear it	Let someone know how much you love and care for them	Stare into someone's eyes and send them telepathic messages of love for at least 3 minutes	Create 5 jokes each, and then share them with each other! ... And hopefully LAUGH!
Make a caring phone call	Send a text, message or audio recording to a good friend or family	Do arts & crafts, painting or create a "vision board" together	Take a relaxing bubble bath together	Make and send an E-Card to someone





# CHALLENGE



Check one box off the BINGO CARD each day until you have  
WON all the rows of Bingo!

\*Hint...There are 24 boxes + a free one... so it should take you 24 days to complete\*

Have Fun!



# SECTION THREE





# DAY SCAN JOURNALING

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## WHAT IS A “DAY SCAN?”

- A “Day Scan” is exactly as the name implies! It is a moment at the end of your day when you review everything that happened in your day from start to finish...almost like a movie playing in your mind
- An opportunity to **CONNECT** with yourself





# DAY SCAN PROCESS

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1. Pull out your journal at the end of the day as you hop into bed
2. Write down a list of what you did today, from start to finish
3. Beside each activity you did, ask yourself how did that thing make you feel?  
*For example: Did you feel proud of yourself when you ate your morning smoothy with greens? Did you feel energized and happy after you exercised? Did you feel frustrated at yourself or someone else when you didn't complete everything you wanted to do?*
4. Write down beside each activity one or two words which describe the feeling you had.

***For example:***

*Exercised for 30 minutes - Proud and Productive.*

*Spent time with my family/partner - Connected and Alive.*

*Didn't complete necessary work - Ashamed and Disappointed with myself*





# DAY SCAN BENEFITS - HOW IS IT EFFECTIVE?

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- It gives you a greater sense of **AWARENESS** about what you did with your day, how you used your time, and most importantly how you FELT at different points throughout your day
- The beauty of doing this exercise daily is that you will begin to notice patterns in your behaviour, in your thinking and in how you feel throughout the day
- When we gain **AWARENESS** of our repeated thoughts, emotions and actions... we can **CHOOSE** which thoughts, feelings and actions we wish to CONTINUE & we can **CHOOSE** which ones we do not want to bring with us into our next day

## ***For example:***

*You may start to see that after every time you exercise, you feel really great for the rest of the day. Therefore you will continue that activity daily.*

*However you may also notice that every time you wake up late, you feel anxious. Now you can choose to change the action (waking up late) or the feeling (feeling anxious).*





# CHALLENGE

A silhouette of a person is captured in mid-air, jumping between two dark, vertical rock pillars. The scene is set against a dramatic sunset sky with vibrant orange and red clouds. The background features a calm body of water and a distant, dark shoreline under a twilight sky.

Do a “DAY-SCAN” & write it in your journal  
every night when hopping into bed.

Do for 30 days.

\*Be Mindful of How you Feel\*



# SECTION FOUR





# CHAKRA CHORDING EXERCISE

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This Section includes

## *1 Chakra Chording Exercise*

which helps build an energetic connection  
between yourself and another person.

Listen to it and be guided through the exercise.

You can do it daily, or whenever you feel  
disconnected from someone, or want to build a

healthier, more meaningful  
**CONNECTION** with someone



\*(see audio recording on platform)\*





# Q & A TIME

**Please Post Any Questions, Comments,  
Insights  
or Breakthroughs  
you've had in the group!**

**We can all share and participate together as a community!**



# PATHWAY TO CALMNESS, CLARITY, CONFIDENCE & CONNECTION

