



The *Reflections* Tracker



A Weekly and Monthly Reflection tracker to help monitor your growth!

AYSE DURMUSH

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AS SEEN IN



Welcome

ABOUT AYSE

Ayse has worked with multiple Fortune 500 companies around the world, saving them hundreds of millions in revenue.

She offers a unique mix of mindset and business consulting which has also impacted 1000's of startups and entrepreneurs worldwide.

Ayse has also worked and trained with some of the biggest names in business and personal development including Richard Branson, Tony Robbins, Deepak Chopra, DavidJi, Abraham Hicks, & Gabby Bernstein.

Ayse is not just professionally trained, she has worked her way from the bottom to the top in a range of roles including bar manager, secretary, commercial producer, and voice over artist she brings a unique first hand experience to her consulting.

But all that switching roles in an attempt to find something she loved and overworking finally led to life saying ENOUGH and forced her to take stock.

Ayse launched her business in 2015 after waking up paralysed and being told she was incurable. This was the moment that sparked a deep desire to take care of herself and live life on her terms.

This WTF moment led to a personal growth pilgrimage that transformed her body, mind, business and spirit.

It took just 6 months to cure her paralysis and within a year she was healthier and happier than ever, even going on to lift over 930 lbs on the leg press.

Her extensive and unique experience in both professional and personal transformation means she knows exactly how to ensure both you and your business are thriving, regardless of the circumstances and diagnosis from others.

Seven years on, running a mission-driven business that helps people manage their self-care and build a thriving business without losing themselves in the process.

If Ayse can do this with what she went through, imagine what **YOU** can do with her help.

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THE TRANSFORMATION EXPERT



CONTENT

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CLIENT SUCCESS

2

HOW TO

3

WEEKLY REFLECTIONS

HOW TO USE THIS BOOK

The best way to measure success is to track it. This book is the easiest way to capture your weekly achievements, moods and anything that needs improving.

Simply spend just 5 minutes at the end of each week capturing the key points from your daily tracker.

This might seem painfully simple and maybe even tiresome at first, but keep at it. Truly developing this weekly reflection habit will become one of the most powerful tools in keeping you on track to hit your targets for the year.

This book works well with The Daily Mindset Tracker & The Braindump Master Tool.

01

S U C C E S S
S T O R I E S

01



“

Nothing makes me happier than seeing my people excel.

It brings me so much joy knowing that working together can transform the lives!

I live and breathe that transformation!

”

Ayse Durmush -
The
Transformation
Expert

Some Client Wins



Sandra Kern, Entrepreneur

When the pandemic hit my business collapsed. I was really at a loss as to what to do. I was stressed and panicked! Then I heard about Ayse's training I knew instantly it's what I needed. I bought straight away and got to work.

And I am so happy I did. Her training helped to give me the tools I needed to manage my stress better, rebuild my self belief and fall in love with my business again.

The clarity helped me to not only focus but helped me pivot to a new business model. If you're hesitating, don't Ayse helped me through the most difficult of times.

I can't thank Ayse enough.



Sara Woolley, Executive Life Coach

Before working with Ayse, I was spinning my wheels in my business. For months I had been trying to work out what was wrong and couldn't come up with a solution. I was working all the hours God sends but money seemed to be flowing out of my business and barely coming back in. I was panicking that with that continued rate of loss I would have had to get a second job just to pay my bills.

But Ayse changed all of that. In just a few months of working with her I was able to plug the gaps in my business and come up with a sustainable plan that gave me drive, focus and clarity. Her ability to see the big picture and how all the pieces come together was huge. She's only little but she's a powerhouse and I'll be forever grateful for her help and support.

Some Client Wins



Martina Clay, Online Coach

I had lost all hope in my business. After years of trying coaches and mentors and training I just never seemed to get anywhere. I was always in a famine and feast cycle, living from one contract to the next and it was exhausting. I came across Ayse from a meditation app and loved her approach to mindfulness.

Working with Ayse was hands down the best investment I made in my business. She helped me to restructure how I ran my operations and I went from 3k months to 6k in just 90 days. Now for the first time in 7 years I'm excited to go to work everyday and I'm already on track for my biggest launch yet. All I can say is, if you are on the fence, leap off, Ayse has a magic touch that will transform your business.



Isabella Mancini, Interior Designer

It's only looking back on where I was I realize how far I've come. A year ago I was sick, broke and miserable! Every day was a struggle for me to get up and start work, even though I was doing something I love. I started to hate my business. It felt like a chore rather than something than a pleasure and I was desperate to change that. Having someone with so much expertise and knowledge, just come in and clear so many things up for me was revolutionary.

I had a huge wakeup call. The changes I was able to make, helped me to fix my income and manage my stress. So today I am proud to say I am on the mend, I have a sustainable monthly income and I am loving my work again.



Some Client Wins



Working with Ayse has been a blessing for me and my business. She was knowledgeable and understanding and helped me get through when I was ready to give up on my business. I can't thank Ayse enough for helping me.



Hannah Van Dijk
Beauty Brand Owner



Having worked with coaches and consultants for many years, I know what to expect. But Ayse was exceptional. She was professional and approachable. And helped deliver solutions which completely transformed my business.



Tomas Hansen
Entrepreneur



I am so grateful to have had the opportunity to work with Ayse. Not only she help me get clear on my what my business needed. But she also challenged me to grow my business in ways I hadn't thought possible. She always found solutions to some problems I had had issues with for years and her skills are second to none and I hope to work with her again in future.



Andrea Nilsen
Boutique Owner



02

H O W T O

02

HOW TO



HOW TO USE WEEKLY REFLECTIONS

We already know that daily habits, mood tracking and just daily tracking in general helps us to reflect, appreciate and improve our lives.

But capturing these daily shifts on a weekly basis helps us to put into perspective how our lives are evolving.

Capturing these small changes over time can truly help you appreciate the work you are putting in at a glance.

Weekly reflections helps you to not only keep track of where you are going but also to appreciate how far you've come. If we are consistently showing up daily and weekly to improve our lives there is nothing we cannot achieve. It really is that simple.

All you need to do is go over the last 7 days, look at the mood, events, gratitude you captured and note them down in your weekly reflections. Some weeks will feel better than others, do not judge them, simply do your best to make things better next week.

This is a process to capture your progress and help you to make those small changes that make a big difference come the end of the year.



HOW TO



QUESTIONS

So we know reflecting helps to keep us on track, monitor our progress and appreciate the lives we live. But what about the questions we need to ask?

I have put together 3 questions for the week, but you can ask yourself a range of questions to get your writing juices flowing.

I've included a few on the next page.

Questions you could ask

- What were my wins for the week?
- Any projects or tasks I completed?
- What am I grateful most this week?
- What made me happy?
- Did I stick to my plan and stay organized?
- What action or habit am I proud of?
- What made me stressed, unhappy or angry?
- Anything I did to take care of my physical body?
- Who or What inspired me this week?
- How much progress did I make toward my yearly goals?
- What can I do better?

02



2 0 2 2
R E F L E C T I O N S

02

January

2022

Su	Mo	Tu	We	Th	Fr	Sa
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

Note

01 Weekly Reflections

What went well

What can be improved?

Any changes to make for the future?

02 Weekly Reflections

What went well

What can be improved?

Any changes to make for the future?

03 Weekly Reflections

What went well

What can be improved?

Any changes to make for the future?

04 Weekly Reflections

What went well

What can be improved?

Any changes to make for the future?

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Su	Mo	Tu	We	Th	Fr	Sa
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
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05 Weekly Reflections

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Any changes to make for the future?

06 Weekly Reflections

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07 Weekly Reflections

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08 Weekly Reflections

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27	28	29	30	31	1	2

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16 Weekly Reflections

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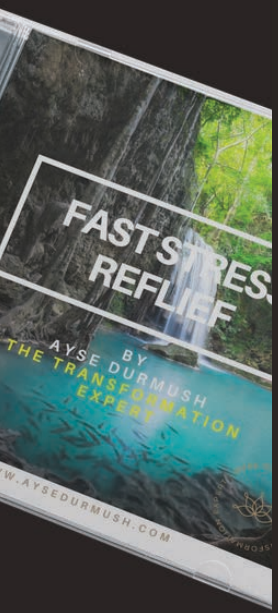
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17 Weekly Reflections

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22	23	24	25	26	27	28
29	30	31	1	2	3	4

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31	1	2	3	4	5	6

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25	26	27	28	29	30	1

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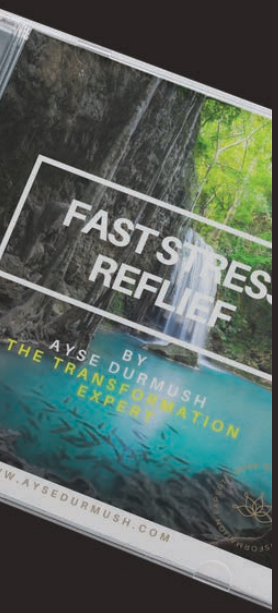
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SOME CLIENT SUCCESSES



Alexis fell in love with her career again and got promoted to a role making over \$200,000 per annum.



Emani rediscovered her passion and is now living her dream of traveling the world as a full time digital nomad whilst her business continues to grow.



Lin took over the family business and successfully diversified, going from \$8,000 months to \$12,000. Making more money than her family did previously.



Emma won a huge corporate contract taking her income well over the \$150,000 mark for the first time ever.



Ryann was on the verge of returning to her old job but successfully turned her business around in just 3 months. Now she'd never dream of going back as her business continues to grow month on month.



Elena turned her side business into her main source of income in just 4 weeks and is currently making \$4,000 a month and is well on her way to \$10,000k months.



Marti successfully negotiated her first ever corporate deal and went from \$2,000 months to \$10,000 months in a matter of weeks.



Jane's inner work led to her finding the courage to leave an abusive relationship of 15 years and is now happily remarried to the love of her life. All whilst growing her business.



Tamsin healed her issues with self-esteem and lost over 30lbs in excess weight in 3 months. She's happily on the road to her healthiest weight ever and her business is making more money too.

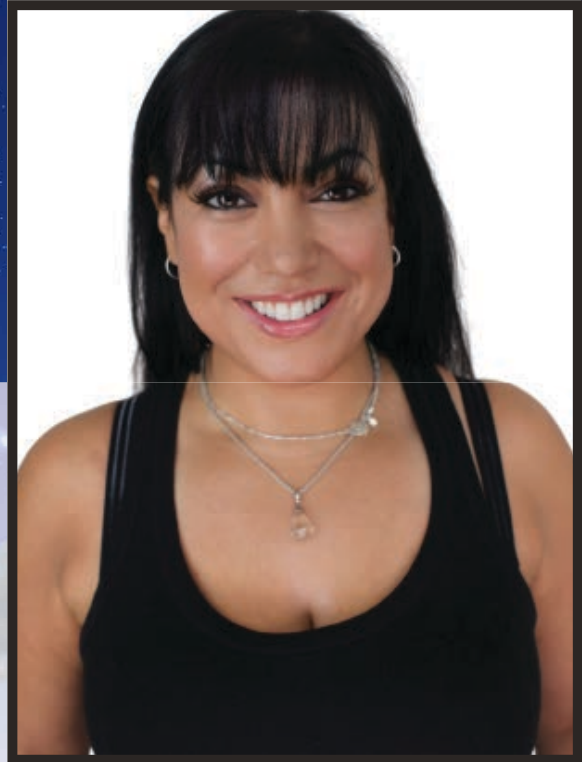
TAKE THE NEXT STEP

I hope you have found this training useful! Please do take a moment to leave me a testimonial on how this book has helped you.

And as a gift for your time every testimonial that is submitted has a chance of winning over \$1,000 worth of training each month!

So please share your story below.

LEAVE A
TESTIMONIAL



WHATS NEXT

The Reflections Tracker has been created to help you track your weekly results and help to keep you on target toward your annual goals. Keep this tracker handy and use it weekly to truly implement the habit.

Don't forget to sign up at www.aysedurmush.com to stay up to date with the very latest training.



Ayse Durmush

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