



YOUR WEALTHY  
HEALTHY HOME  
*Workshop*

# Worksheet

This worksheet will be your notes, your planner and your homework to engaging with the training.

**Follow along with us LIVE each day to complete this worksheet!**

**SESSION 1: Aug 16 @ 10 AM BST (London)**

## Your home can magnetically attract your desires

### Your home contains two major types of natural energy

Energy 1: \_\_\_\_\_

Energy 2: \_\_\_\_\_

**The Abundance Energy Method** leverages these two powerful forces:

The \_\_\_\_\_ supports or blocks our \_\_\_\_\_ abundance.

and

The \_\_\_\_\_ supports or blocks our \_\_\_\_\_ abundance.

Are you showing love and gratitude for your home? Yes /No

Are you treating it as somewhere to sleep and store your stuff? Yes/No

**BRAINSTORM: How easy am I able to *consistently* manifest my goals?**

**Never / Sometimes / Often / All the time**

*Action*

**Declutter 1 space in your home  
Post a picture in the group!**

**HAVE QUESTIONS: DM Fay in readiness for the LIVE Q&A Bonus Session  
Aug 21 @ 10 AM BST**

Session 2:

Aug 17 @ 10am BST (London)

## Is your home blocking wealth and health?

**Let's talk about your growth:**

Your goals: \_\_\_\_\_

\_\_\_\_\_

Why do you want to accomplish this: \_\_\_\_\_

\_\_\_\_\_

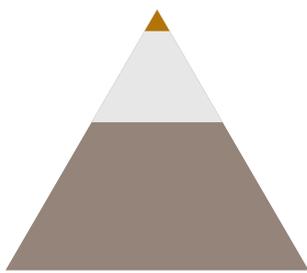
Why have you not accomplished this goal already: \_\_\_\_\_

\_\_\_\_\_

What will be the cost to you if you don't move forward? \_\_\_\_\_

\_\_\_\_\_

### ENERGY ALCHEMY IN YOUR MIND, BODY & SOUL



\_\_\_\_\_ Mind

\_\_\_\_\_ Mind

\_\_\_\_\_ Mind

*Notes*

Session 2:

Aug 17 @ 10am BST (London)

## Is your home blocking wealth and health?

**There are four types of energy 'personalities' in homes:**

1. Free-flowing Yin & Yang
2. Free-flowing Yin and blocked Yang
3. Blocked Yin and free-flowing Yang
4. Blocked Yin and Yang

**How do these personalities show up in your wealth and health?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

**KEY TAKEAWAY: Is your environment supporting or blocking your efforts to manifest?**

Do you feel happy when you think of your home? Yes/No

Have things improved in your life since you moved in? Yes/No

Have your finances improved in this home? Yes/No

Is it easy to concentrate in your home office? Yes/No

Do you sleep well in your home? Yes/No

Are you easily attracting clients to your business? Yes/No

Mostly Yes: Your house is supportive (but there is always room for improvement)

Mostly No: Your house is unsupportive (and you're in the right place to fix this!)

*Action*

Is your home blocking wealth and good health?

**Post your answer in the group!**

**HAVE QUESTIONS: DM Fay in readiness for the LIVE Q&A Bonus Session  
Aug 21 @ 10 AM BMT**

Session 3:

AUG 19 @ 10am BST (London)

## Aligning your life and your home

### KEY TAKEAWAY: WHAT WE DO WHERE MATTERS

Yang Energy is ACTIVE and is great energy to have in the rooms in our house where we need to be productive and active,

In what rooms do we want the support of Yang energy?

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

Yin Energy is NURTURING and is great energy to have in the rooms in our house where we need to be productive and active,

In what rooms do we want the support of Yin energy?

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

TOXIC Energy can be present in the form of 'stressed' yin or yang, place memory, technopathic stress, or geological features

1, \_\_\_\_\_ 2. \_\_\_\_\_

3. \_\_\_\_\_ 4. \_\_\_\_\_

Use a simple muscle test to determine their presence in your home,

*Action*

IS THERE TOXIC ENERGY PRESENT IN  
YOUR HOME

**Vote in the group!**

**HAVE QUESTIONS: DM Fay in readiness for the LIVE Q&A Bonus Session  
Aug 21 @ 2PM GMT**

Session 4:

Aug 18 @ 10am BST (London)

## Quick hacks to call in more abundance right now

### Your goals and dreams are like seeds.

The energy that you plant your seeds in is the fertile soil.

This energy is responsive. It affects **US** and we affect **IT**.

The energy in your home carries Gia consciousness, its lines are like the meridians of the body and energy clearing is like acupuncture for your home.

Every home has its own unique POWER CENTRE that you can use to enhance your manifestations and intentions.

### Quick hacks you can use to call in more abundance right now

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Taking 1 small action can create a big shift in our mindset and energy.  
Commit tonight to taking one action from the list.

*Action*

Which abundance hack are you  
using today?

**Post your answer in the group!**

**HAVE QUESTIONS: DM Fay in readiness for the LIVE Q&A Bonus Session**

**Aug 21 @ 10 AM BST**

Session 5:

Apr 20 @ 10am BST (London)

## Connect to the Soul of your home

**KEY TAKEAWAY:** EVERYTHING has its own "Soul"

Energy is \_\_\_\_\_. It has its own \_\_\_\_\_. It is the role  
of this Soul to create the \_\_\_\_\_ of the \_\_\_\_\_ of your home.

BUT this vision of 'purpose' was created at its conception and may be

\_\_\_\_\_ and \_\_\_\_\_.

Your dreams express your soul purpose, your home is both the energetic and physical space from which we enact that purpose.

The Soul of a home can help us with the perfect unfolding of our success whilst living there.

The Soul of your home needs to understand its contemporary and appropriate purpose.

Introduce yourself in a meditation or visualisation.

Let it know who you are, what your vision is for your future, visualise your perfect outcome, and thank it for its presence **WHETHER YOU SENSE IT OR NOT**

*Notes*

*Action*

Post your biggest "Aha!" from  
today's training in the group!

**HAVE QUESTIONS: DM Fay in readiness for the LIVE Q&A Bonus Session  
Aug 21 @ 2PM GMT**

Session 6:

Apr 21 @ 10am BST (London)

## BONUS Q&A

Use this page to write down any questions you'd like Fay to answer on our Live call

Questions

Notes

**HAVE QUESTIONS: DM Fay in readiness for the LIVE Q&A Bonus Session  
Aug 21 @ 10 AM BST**