

# The *Manifestation* MASTERCLASS



**UPLEVEL** your mindset &  
**ELEVATE** your frequency to  
**INCREASE** your abundance

# 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: Sept 27 @ 10am BST (London)**

## ACHIEVING ALIGNMENT (and how to lean into your goals)

What are the signs that you are out of alignment

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manifestations requires us to move in \_\_\_\_\_ over \_\_\_\_\_

ON YOUR OWN: Think about your daily life, your assumptions, expectations and decision making. Are you living in

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

*Action*

ON A SCALE OF 1 - 10 HOW ALIGNED DO YOU FEEL TO ACHIEVING YOUR GOALS?

**Post your answer in the group in the homework poll!**

**HAVE QUESTIONS: DM Fay in readiness for the LIVE Q&A Bonus Session  
Oct 02 @ 10am UK time/11am CET**

Session 2: Sept 28 @ 10am BST (London)

## FIND YOUR PURPOSE (& what actions to take to live it)

Do you have clarity on your goals? Yes/ No

Do you embody the values of your goals? Yes/No

KET TAKE AWAY: We have a greater chance of success if we set goals which are

S \_\_\_\_\_

M \_\_\_\_\_

A \_\_\_\_\_

R \_\_\_\_\_

T \_\_\_\_\_

ON YOUR OWN: Your to three goals for 2021 \_\_\_\_\_

What has prevented you from reaching the goals already? \_\_\_\_\_

*Action*

**SHARE ONE BIG GOAL YOU HAVE FOR 2021**

**Post your goal in the group!**

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Oct 02 @ 10am UK time/11am CET**

Session 3:

Sept 29 @ 10am BST (London)

## Reboot your subconscious (and the surprising psychology to reframe your negative assumptions)

**KEY TAKEAWAY:** Our \_\_\_\_\_ mind is \_\_\_\_\_  
more powerful than our \_\_\_\_\_ mind

**BRAINSTORM:** What subconscious patterns am I embodying in my thoughts, habits, emotions and behaviours that are *counter-manifesting*.

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**ON YOUR OWN:** Write out 1 limiting belief (Example - it's hard to earn money)

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Where does that belief come from? \_\_\_\_\_

Why is it urgent that you change that belief? \_\_\_\_\_

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*Action*

Reframe your limiting belief as a positive question.

**Share in the group to let us all cheer you on!!**

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Oct 02 @ 10am UK time/11am CET**



### Own your brilliance!

**Imposter syndrome** - a belief that your are not \_\_\_\_\_, a \_\_\_\_\_ and that when you achieve success it is through \_\_\_\_\_!

What are the identifiers of Imposter Syndrome?

- 1. \_\_\_\_\_ 2. \_\_\_\_\_
- 3. \_\_\_\_\_ 4. \_\_\_\_\_
- 5. \_\_\_\_\_ 6. \_\_\_\_\_
- 7. \_\_\_\_\_ 8. \_\_\_\_\_

Play the "I like myself game"! List our six things you like about yourself or feel you are competent in with NO "if's or but's". Use the first person.

I like (name) \_\_\_\_\_ because she is \_\_\_\_\_

(Name) is good at \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

*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 Oct 02 @ 10am UK time/11am CET**

SESSION 5

Session 7:

Oct 02 @ 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*



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Oct 02 @ 10am UK time/11am CET**