

The *Manifestation* MASTERCLASS



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: May 10 @ 1pm BST (London)

ACHIEVING ALIGNMENT (and how to lean into your goals)

What are the signs that you are out of alignment

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
May 15th @ 1PM BST**

Session 2:

May 11 @ 1pm 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 top 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!

**HAVE QUESTIONS: DM Fay in readiness for the LIVE Q&A Bonus Session
May 15th @ 1PM BST**

Session 3:

May 12 @ 1pm 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*.

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

Where does that belief come from? _____

Why is it urgent that you change that belief? _____

Action

Reframe your limiting belief as a positive question.

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

**HAVE QUESTIONS: DM Fay in readiness for the LIVE Q&A Bonus Session
May 15th @ 1PM BST**

Session 4:

May 13 @ 1pm BST (London)

Elevate your frequency (& how to keep it high)

What daily habit can you incorporate into your life to raise your vibe and work toward your goal?

Let's map out who or what you need to limit/cut out:

NOTES:

Action

**WHAT IS ONE THING YOU COMMIT TO
LIMITING/CUTTING OUT TO RAISE YOUR VIBE!**

Share in the group!

**HAVE QUESTIONS: DM Fay in readiness for the LIVE Q&A Bonus Session
May 15th @ 1PM BST**

SESSION 4

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 May 15th @ 1PM BST

SESSION 5

Session 7:

May 15 @ 1pm 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
May 15th @ 1PM BST**