



Your Guide For

**TRANSFORMATION
AND EMPOWERMENT**

By looking at The Energy in Your Home and Providing
You With Easy to Introduce Tips and Daily Practices
That Will Shift Your Mindset Immediately



DEAREST BELOVED,

Thank you for watching my video on “*Tips to Transform your Life*”. I have created this workbook because you deserve to live in a home that you LOVE and THRIVE in! This workbook is designed to help you get the most of the tips I’ve shared so that your home is a true reflection of who you are right now and that which you want to bring into your life.

There are a couple of things I suggest you do in addition to completing this workbook:

- Print this workbook so you can fill it out in handwriting. My intention is for you to use this workbook as a journal or diary.
- Listen to the accompanying meditation every day for at least 40 days. This will aid in the creation of new brain waves and patterns, which will in turn support the creation of new healthy habits for a balanced and joyful life!

Please be kind, patient, and gentle with yourself as you work through the items and questions within this workbook.

With love,

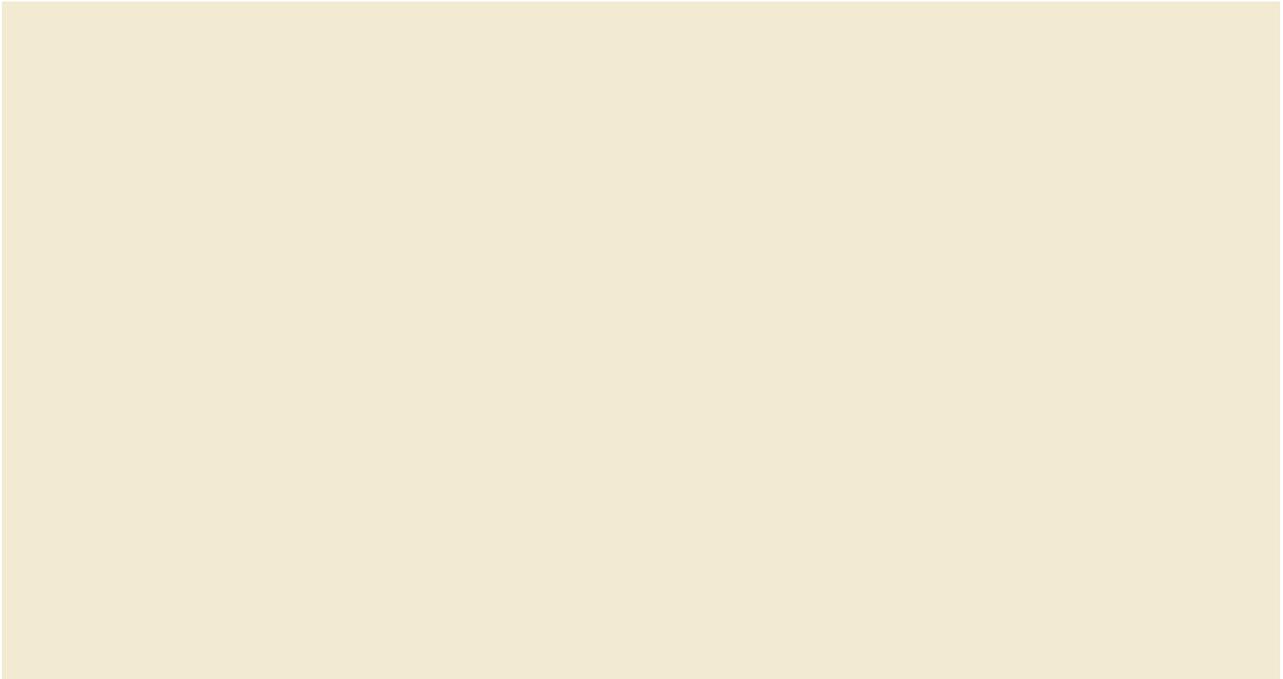
Amanda Sophia

General Home Assessment

Complete the following exercises and fill out your experiences and notes in the space provided.

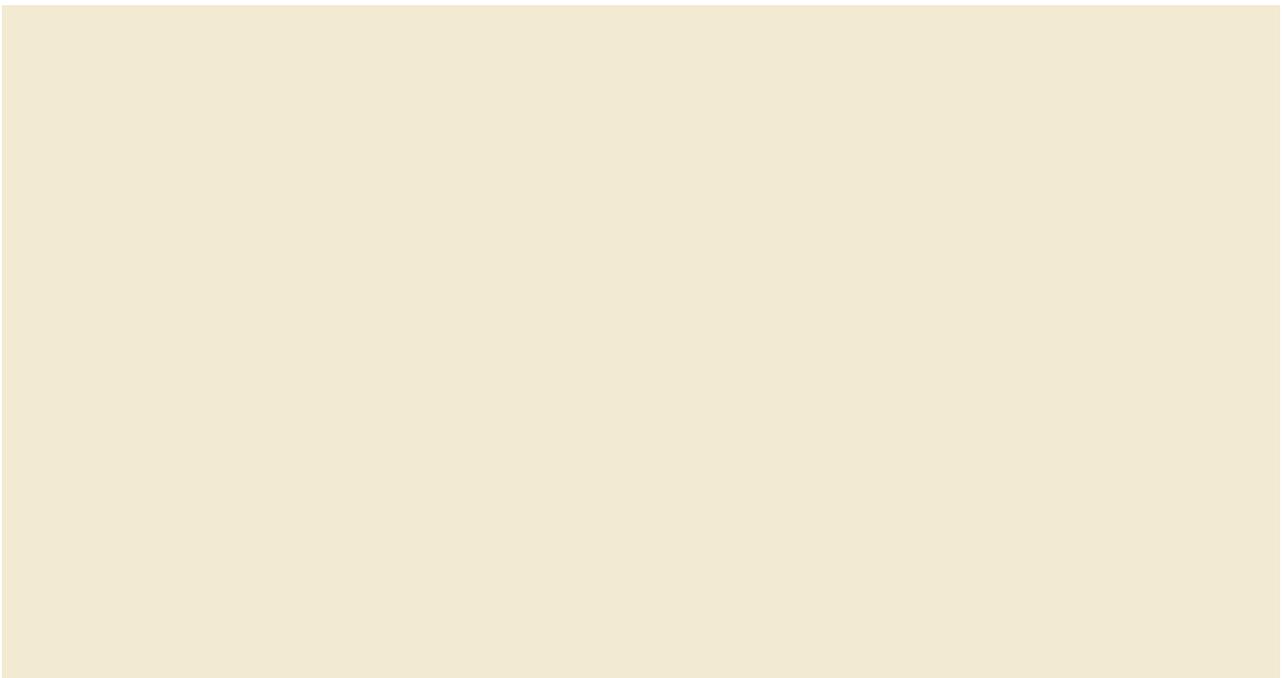
Stand outside your front door. What do you feel?

Make sure to close your eyes and tune into your body sensations.



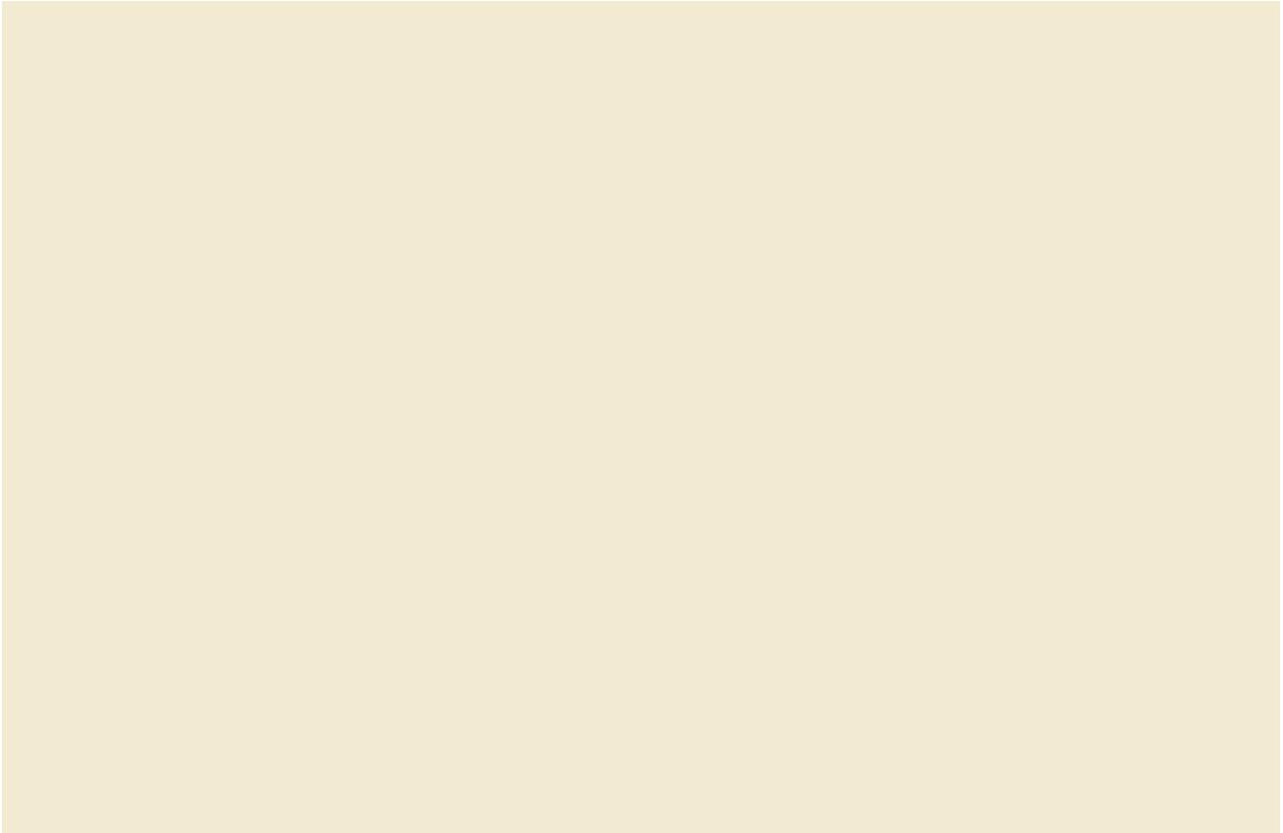
Now step inside your home. What do you feel?

Make sure to close your eyes and tune into your body sensations.



Do your Spirits rise when you're inside your home? What makes them rise?

Expand on what you think it is that makes your spirits rise. Maybe it's the artwork that you have, the smell of your home, a specific feeling you get.





Do your Spirits fall when you're inside your home? Why do you feel they fall?

Expand on what you think/feel makes your spirits fall. For each thing you list, expand on what you can do right now to change it.

A large, empty rectangular area with a light beige or cream-colored background, intended for the user to write their response to the prompt above.

Poison Arrows and the Energy of your Home

Review the following items and make notes of any possible enhancements.

Is your home on a T or Y junction, or close to a very busy street like a freeway?

Blank space for notes.

Are there sharp edges pointing at your home from neighboring buildings?

Blank space for notes.

If you answered “yes” to either of the above questions, remember that these are considered Poison Arrows in Feng Shui and they carry “Sha” energy that can cause disharmony. Use landscaping and/or a gazing ball to help neutralize this.

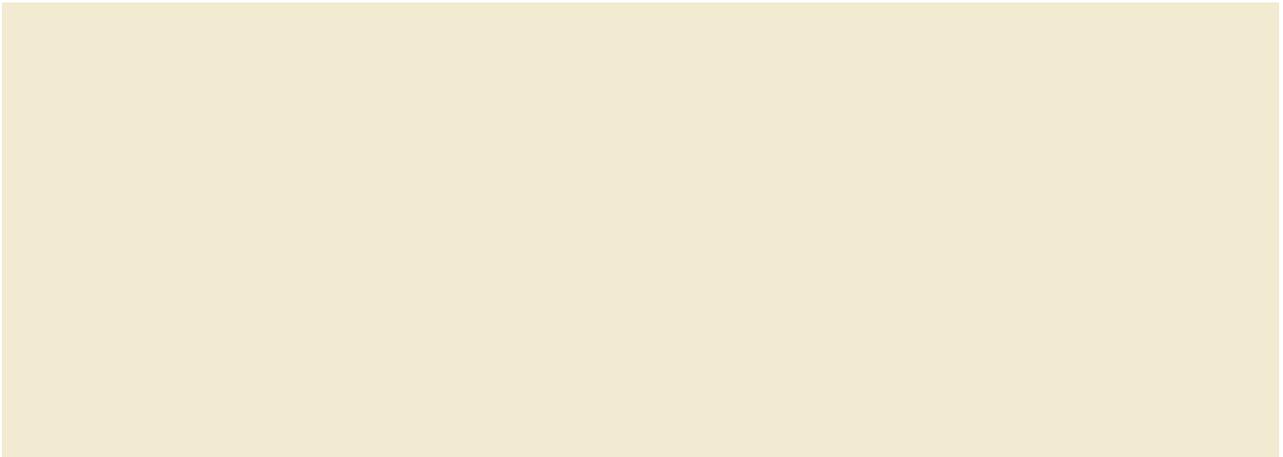


Front Door and Entrance Area

Review the following items and make notes of any possible enhancements.

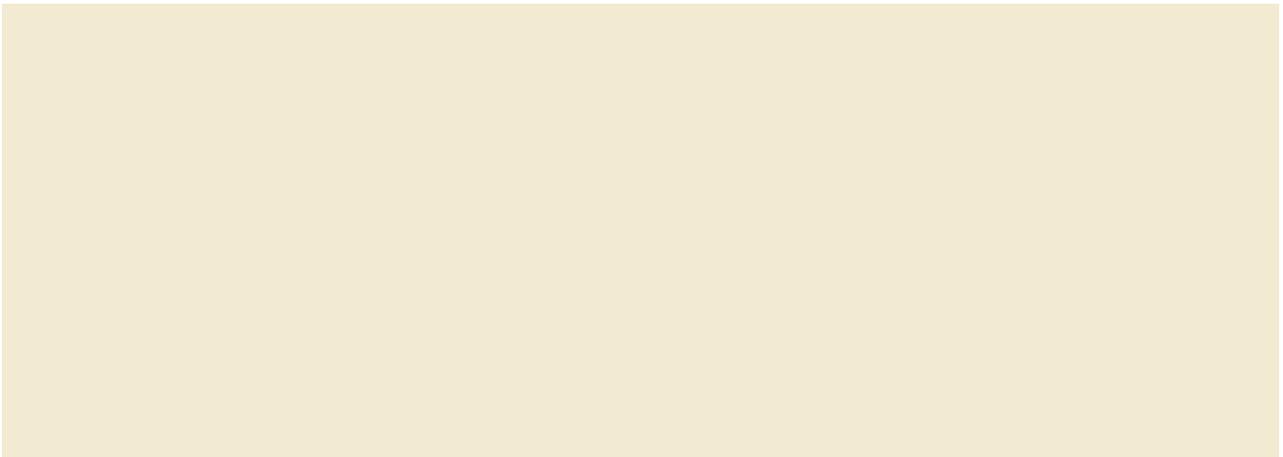
Fencing

Do you have a fence or some kind of clear boundaries around your home/property? If not, what could you do to add a sense of privacy and boundaries?



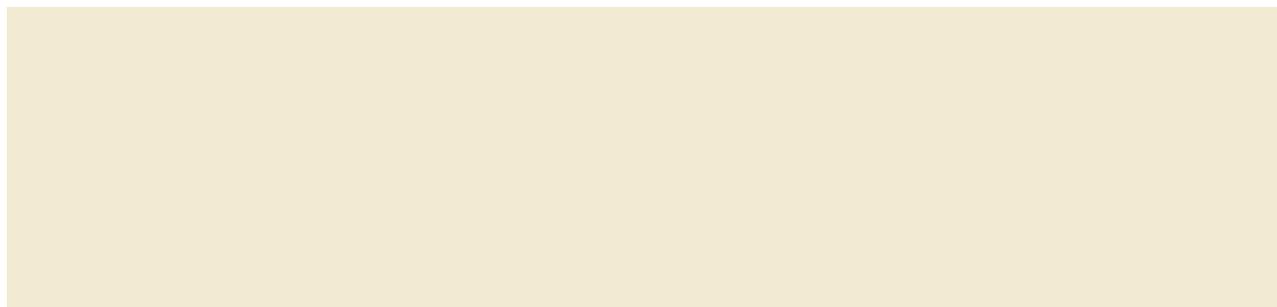
Plants, lighting and decor

Do you have plants, lighting, and decor you love outside your home? If not, is it possible to add them?



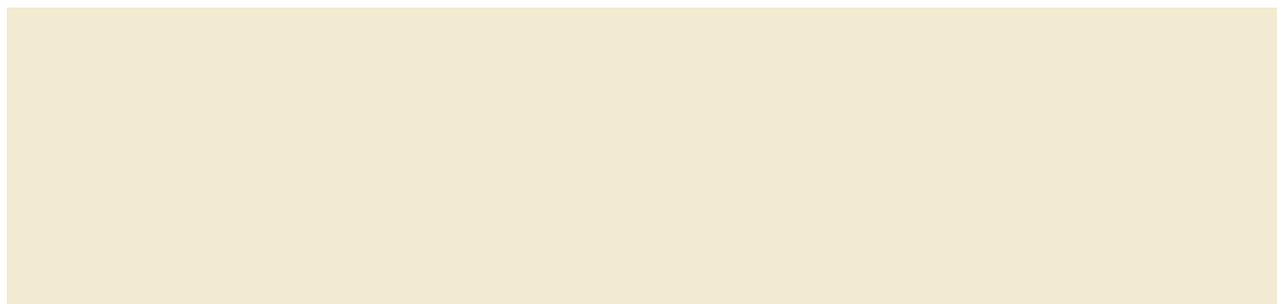
Welcome

Is there a welcome sign or mat by the front door? If not, I invite you to search for one and place it by the front door so you can start welcoming fresh Chi and opportunities to your home and life!



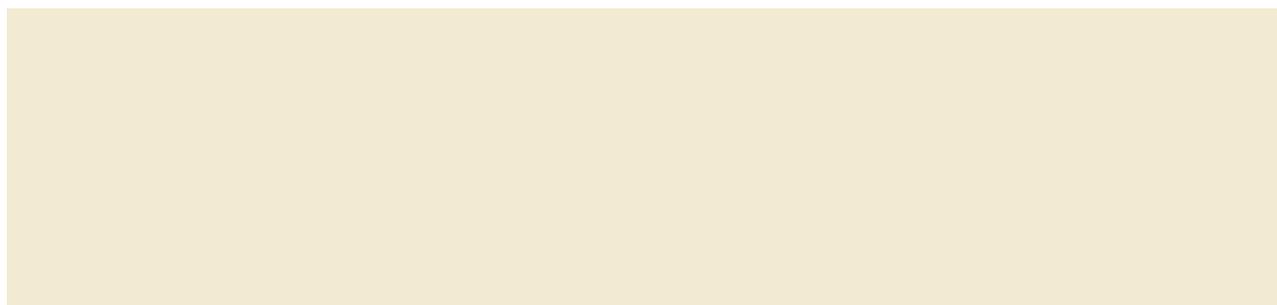
Does it feel welcoming?

Does your front entrance feel welcoming? List what makes it feel welcoming. If it doesn't, list what it is and make notes of what you can do right now to change it to feel welcoming.

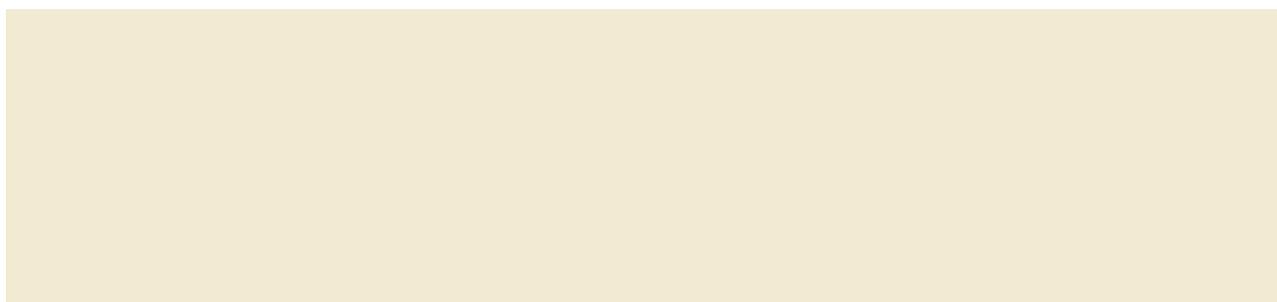


Look at the items you have here

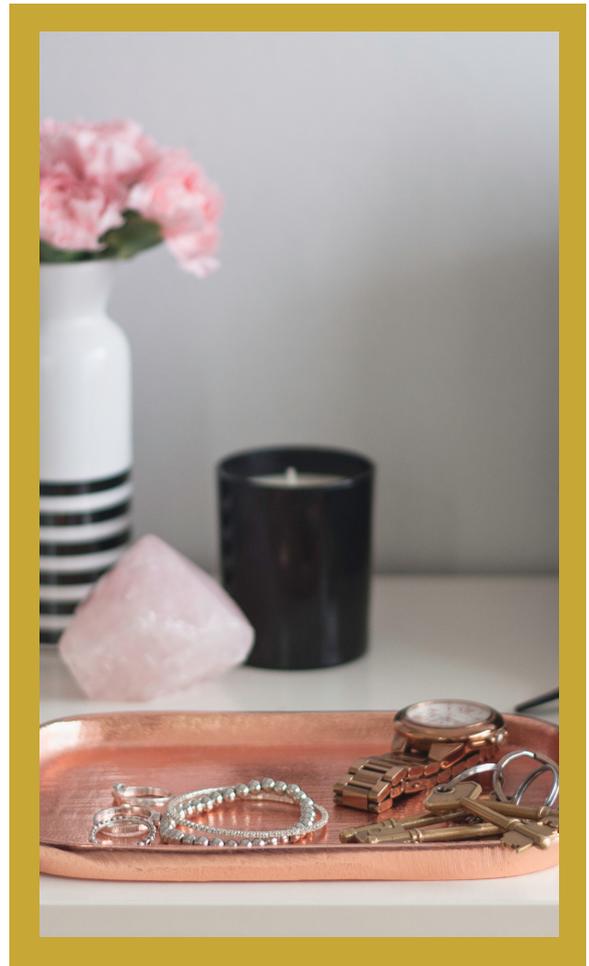
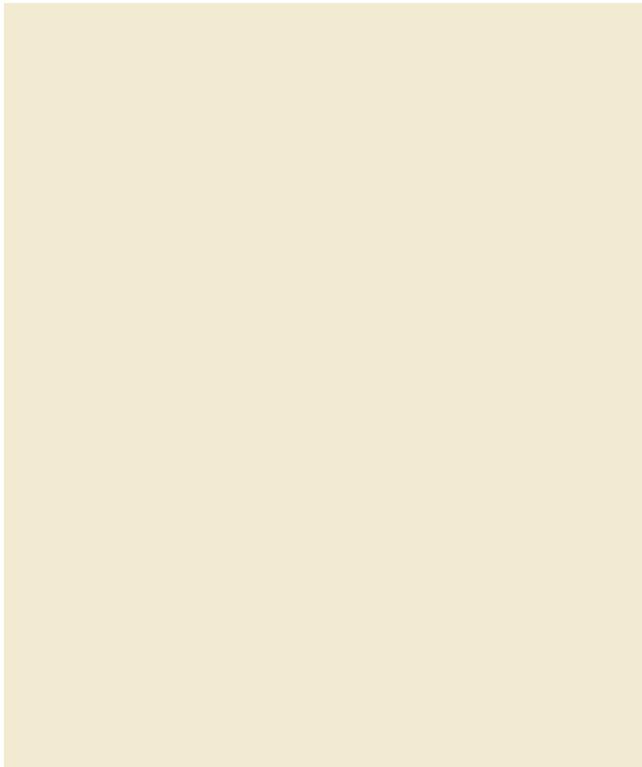
What items do you have at your front entrance that you love?



Which items could maybe be removed from your front entrance area to allow for more space and Chi flow?

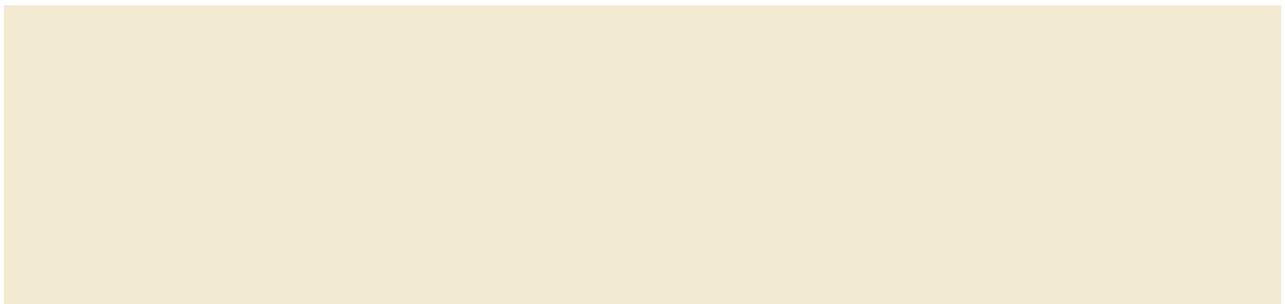


Is there a designated space to leave your shoes, keys, jacket, etc when you enter your home? If not, can you find a space for things that tend to get stuck in the entrance area

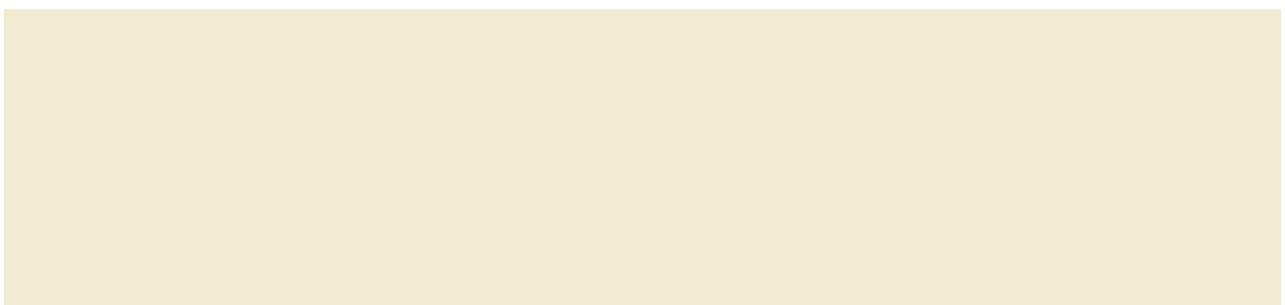


Artwork and Wording

Do you have positive affirmations and/or artwork throughout your home? List the ones you have and how they make you feel.



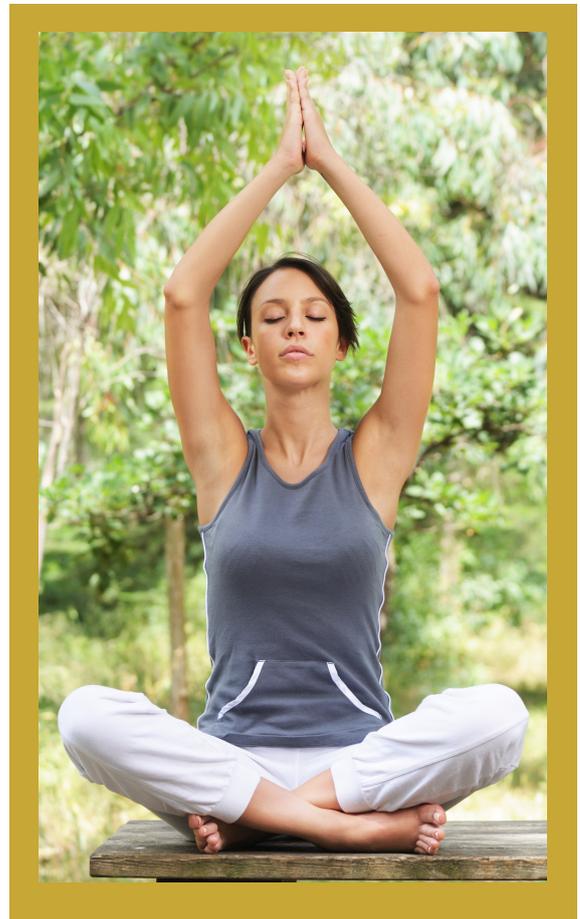
Do you have artwork or wording in your home that has a negative impact on you? List them below. I highly recommend removing these from your space.



Daily Morning Practice

Having a morning routine sets you up for a great day. Review the questions below and makes notes as needed.

Do you have a daily morning practice?
What is it?



If you don't have one:

Which one are you willing to commit to? Below are a few ideas, feel free to check the ones you want to commit to. You can also write your own morning practice in the space provided.

- 5 min meditation
- Yoga practice
- Journaling
- Pranayama practice
- Gratitude practice

Other:

The Power of Releasing Things

Letting go of things that no longer serve you opens up space for new opportunities to come into your life!



Is it easy for you to release what no longer serves you: patterns, beliefs, relationships, work, things, etc? Expand on this in the space below.

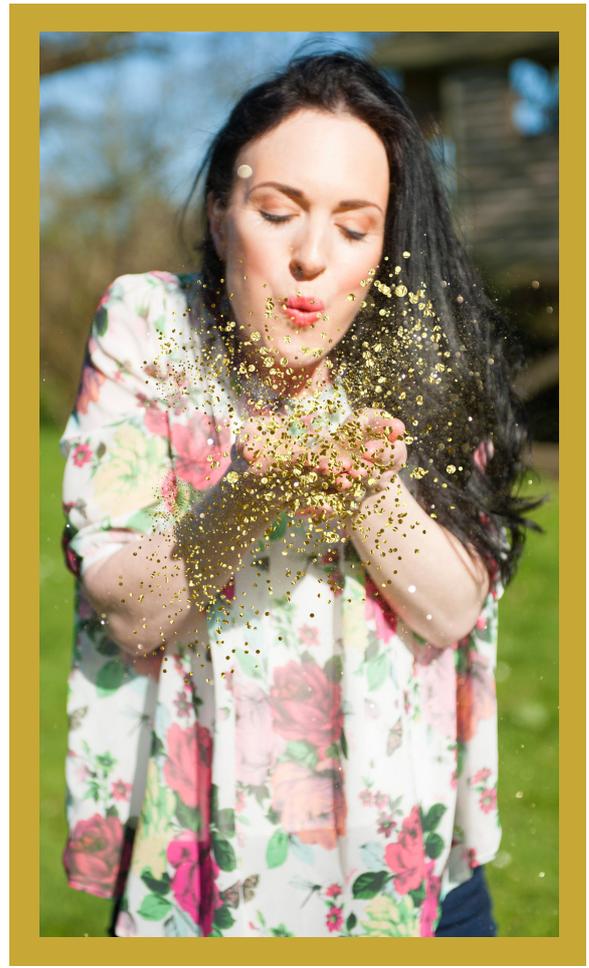
A large, empty rectangular area with a light beige background, intended for the user to write their response to the question above.

What are you ready to release? Maybe an old pattern, a relationship, a belief? Write it down below and consciously shine light onto it.

A large, empty rectangular area with a light beige background, intended for the user to write their response to the question above.

Do you have the support you need when it comes to letting go? If not, what can you do to change this? Expand on your answer in the space below.

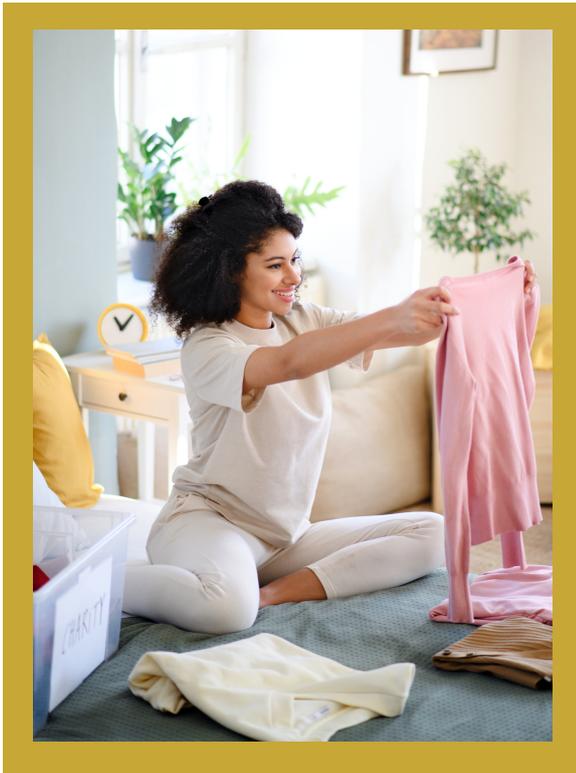
Blank space for writing an answer to the question about support and letting go.



Do you love it, use it and need it?

Do you love, use and need everything in your home? If your answer is “yes”, that’s amazing! If your answer is “no”, then ask yourself why you’re holding on to those items? Expand on those items and your feelings about them below:

Blank space for writing an answer to the question about loving, using, and needing items in the home.



Roll up your sleeves and let's start working your decluttering muscle. Remember to schedule the time to do this. You can start with as little as 30 minutes once a week. I also recommend you start with your closet. This is because we tend to have less of an emotional connection to clothing. You will need at least two bags or boxes: one for donations and one for trash. Get more as needed.

Decluttering Checklist

- Schedule time on your weekly calendar for decluttering
- Two bags or boxes (maybe more as needed)

This is all about Self-Love

Always remember that this is an act of self-love. If something doesn't fit or you don't feel good in it, then it's not honoring you. There is no need to hold on to things you don't love. Trust that everything you need is always provided to you at the perfect time. Keeping this in mind, go through every item in your closet and ask yourself the following questions:

1. Do I love it?
2. Do I need it?
3. Do I use/wear it - does it fit?

If your answer is "no" for any of the above, LET IT GO!

While you're doing this, really pay attention to your feelings and bodily sensations. This will help you start fine-tuning yourself so you can easily recognize those "feel-good" feelings and use those as your baseline. If an item doesn't spark those feelings, then you know it's OK to let it go.

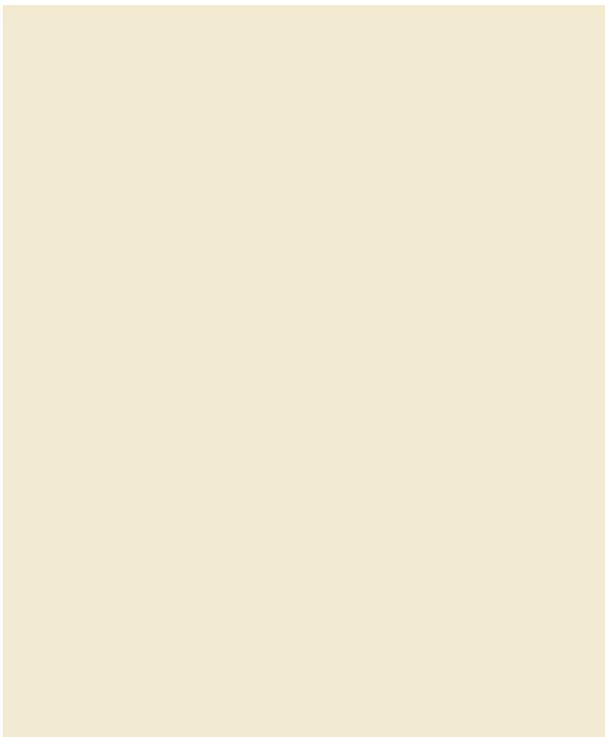
Once you have successfully gone through your entire closet, you can move on to another area of your home.

The Kitchen

This is the heart of the home, so it is important to declutter this space and tend to it. Review the suggestions and questions below, and make notes if necessary to get what you need.

Have out on the counters only what you use daily

What things in your kitchen can be let go of? If you haven't used it in a year, it's pretty safe to say it is time to let it go.



Ensure you are in the command position when cooking.

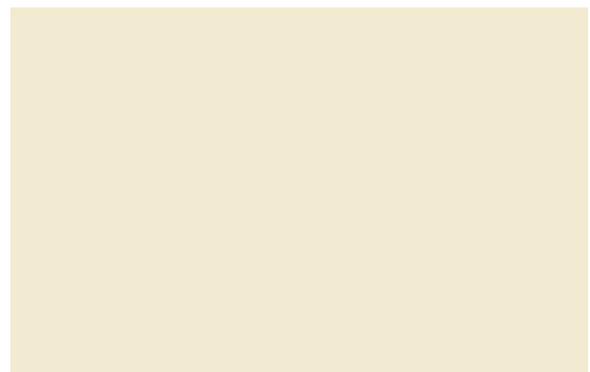
When cooking, if your back is towards the room, add a mirror or reflective surface so you can see behind you. Make a note below to place a mirror behind the stove if needed:



Check if your kitchen is set up with the almighty triangle.

Add plants (wood element) if needed if the stove (fire element) is next to or across from the sink (water element) or refrigerator (water element).

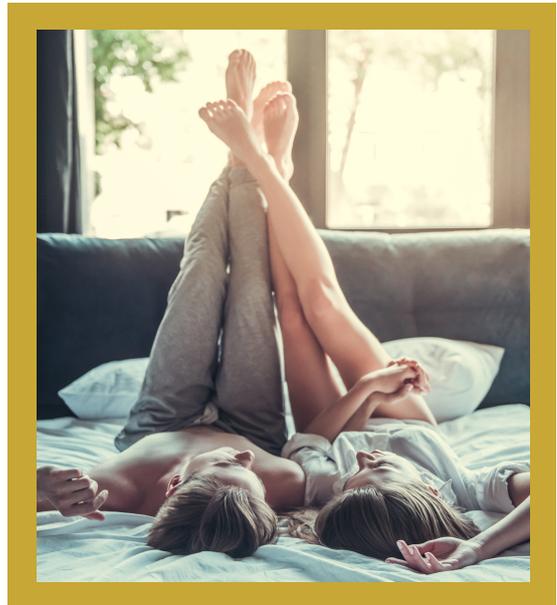
Write a note for yourself below to purchase plants if needed for the kitchen:



The Bedroom

This is a sacred space of the home for rest and romance. Use the checklist provided to see what can be enhanced in your bedroom to support a good night's sleep and a loving relationship.

- Bed placed in the command position:
 - Bed placed against a solid wall (not a wall shared with the bathroom where the drains are located or an EMF box).
 - Solid wooden headboard, especially if the bed is in front of a window.
 - Be able to see the door but not directly aligned with it.
- Access on both sides of the bed
- Empty space under the bed
- Matching nightstands (these symbolize balance in the relationship so make sure to get them if you don't have them already).
- Bedsheets you love
- Pajamas/lingerie you love - and wear them!
- Soft lighting
- Candles
- Fresh flowers or plants
- Keep work out of the bedroom
- Avoid electronics in the bedroom
- If you must have a TV and other electronics, unplug them at night and cover the TV with a beautiful cloth or sheet.
- Ensure you can't see yourself reflected in the mirror when you're laying down - replace them or cover them up with a decal or frost if needed.

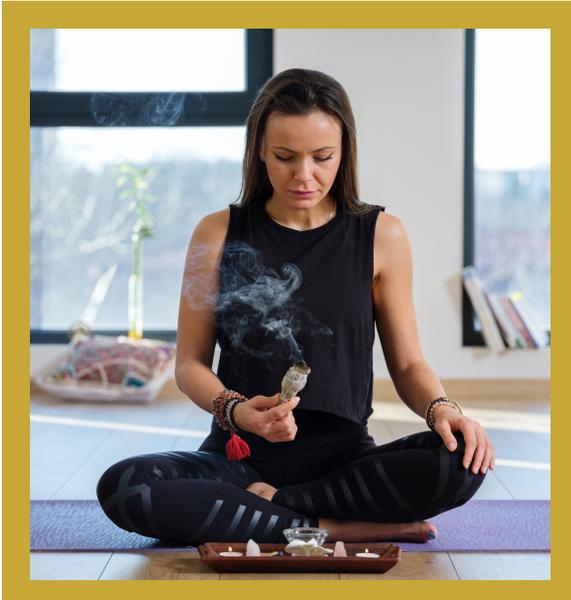


- Artwork that represents the type of relationship you want - avoid pictures of single people or single things
- Have things in pairs
- If you're in a relationship, only have pictures of you and your partner
- Have a sleep ritual that supports rest and relaxation: meditation, pranayama, essential oil self-massage, etc.

Notes

Space Clearing

Just like you would sweep and mop your home to keep it clean, clearing the energy is a way to remove energetic debris from your space.



Ways to keep your energy clear:

- Go out in nature and walk barefoot
- Hug a tree
- Go for a swim in the ocean
- Take a salt bath
- Daily meditation practice

Keeping the Vibration High in your Home

Bring in:

- Live plants
- Crystals
- Candles
- Water fountains
- Ventilation: letting fresh air in every day

What you'll need for a Space Clearing Ritual

- Chimes, bells, or singing bowls (you can also clap, sing, or play space clearing music)
- Sage, Palo Santo, Incense or Rose/Sage/Lavender Spray
- A candle
- Pen and paper

Notes



Steps for Space Clearing your Home

It is extra powerful to do this during the Full Moon because the moon in this phase aids the process of releasing and letting go.

- 1 Using pen and paper, get very clear on what you want to release. Write down the emotions, situations, people, etc, you're ready to let go of.
- 2 Open all the doors and windows.
- 3 Start at the front door, light the candle, ground your energy and call in your support: angels, spirit guides, higher self, etc. and set your intention for the space clearing (releasing something or someone, infusing the home with certain energy - whatever your intention is).
- 4 Walking clockwise around the home, go around the home fully with whatever tool you have decided to use (chimes, Sage, Palo Santo, etc.)
- 5 Go all around the house clockwise with a sound tool and then go a second time with the sage, palo santo, or incense.
- 6 When you arrive again at the front door after the second time of going clockwise through the home, take a moment to reaffirm your intentions. Deeply thank your guides for their support and then close sacred space by blowing out the candle.



Overcoming Your Excuses

Write a list of excuses you use that stagnate you and prevent you from creating the transformation that you are ready for in your life.

1.

2.

3.

4.

5.

6.

7.

Now, for each of the excuses you wrote above, write an action you can take, even the smallest one will do, to start transforming your life in the direction you want it to.

1.

2.

3.

4.

5.

6.

7.

Self Love Practice

Write down 10 things you do (or commit to doing) as a Self-Love Practice:

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

