

Feng Shui for your Authentic Self

**Circle those words that resonate strongly as your Authentic Self,
Write the top 10 in the box, add other words as needed!**

Abundance	Pleasure
Accomplishment	Productivity
Adventure	Relaxation
Beauty	Risk-Taking
Calmness	Romance
Cleanliness	Satisfaction
Comfort	Security
Communication	Self-Reliance
Career	Sexuality
Contentment	Simplicity
Contribution	Spirituality
Courage	Strength
Creativity	Success
Energy	Tolerance
Enthusiasm	Truth
Determination	Tradition
Family	Variety
Fairness	Vitality
Freedom	Wisdom
Fun	
Graciousness	
Happiness	
Health	
Honesty	
Honor	
Integrity	
Intelligence	
Joy	
Justice	
Kindness	
Knowledge	
Love	
Loyalty	
Openness	
Order	
Organization	
Passion	
Peace	

**What words are personal values
for my AUTHENTIC SELF**

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Five Elements are a way to create a feeling in a space. Think about the feelings that represent your Authentic Self, and see how you might bring in more of this energy to support your new beginnings!

Element	Shapes	Colors	Representation	Supports
Water	Wavy, asymmetrical	Black Dark Blue All really dark colors	Fountains, Art of oceans, rivers, waterfalls Fish, mermaids, shells, actual water **Avoid Earth**	Intuitive Abundance Freedom Movement Flow Introspective
Wood/Plant	Vertical Columns	Greens Blues	Plant shapes, flowers, leaves, Actual plants, Trees **Avoid metal**	Growth Health Action Vibrancy
Fire	Pointy Stars, triangles, Diamonds	Red/Purple Any really bright colors	Lighting Electronics Candles Stove Fireplace Sparkling things **Avoid Water**	Passion Pleasure Fun Charismatic Leadership
Earth	Horizontal Squares	Browns, tans, golds, terracotta, skin tone	Rocks, crystals, pottery, mountains **Avoid Wood**	Security Stability Nurturing relaxing
Metal	Circles Arches	White, Metallics Greys	Metal items Metallic sheen **Avoid Fire**	Focus Pulling in Accomplish Serious Creative

I would love to work with you on a more in-depth exploration of supporting your authentic self! Contact me at luann@inner-harmony.org and tell me that you are in the Be Free program. We can do a 1-hour distance consultation on ZOOM for the discounted price of \$150 for BE FREE members!