



# Phynix Rising

A Phynix By Design Community

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# Financial Wellness & Abundance Mindset

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Monthly Reflection  
Workbook

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*This reflection workbook is yours — completely private, entirely at your own pace. Nothing here needs to be shared with anyone. Work through as much or as little as feels right for you right now.*

*If anything surfaces that feels like it would benefit from deeper support, one-on-one sessions are available.*

*Gemma-Lee Harvey | Phynix By Design ~ Life Reignited*  
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# PART 1 – AWARENESS

*What am I noticing?*

This month we've been exploring our relationship with money and abundance — the stories we carry, the beliefs we absorbed, and the ways they quietly shape our choices. Before going deeper, just notice where you are right now.

**One message about money I absorbed growing up:**

**Where I think that message came from:**

**How I can see it showing up in my life today:**

# PART 2 – DEEPER EXPLORATION

*What sits underneath it?*

Money stories often run much deeper than the numbers. Let's look at what's actually driving yours.

**The area of my life where scarcity thinking is loudest:**

**What that scarcity thinking sounds like — the actual words it uses:**

***What I imagine it would feel like to approach that same area with genuine abundance:***

# PART 3 – PRACTICAL APPLICATION

*What could shift?*

This section is about starting to move the needle — gently, honestly, one small thing at a time..

**How comfortable I am with receiving on a scale of 1–10** (1 being incredibly uncomfortable and 10 being incredibly comfortable):

**What happens in me when someone offers me something generous:**

**One small way I could practice receiving more openly this month:**

# PART 4 – INTEGRATION & INTENTION

*What am I carrying forward?*

As this month closes, let's gather what abundance is already present — and set an intention for how you want to grow this.

**Three places abundance is genuinely showing up in my life right now — even in small ways:**

**What it would mean to really let myself acknowledge these:**

**My intention for my relationship with abundance moving forward:**

*Remember — this workbook is for you alone. If anything explored here has stirred something that feels like it needs more space, deeper support is available.*

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