

CHRISTIAN MICKELSEN

Time Abundance Assessment

I worry about the future; getting things done and getting to the next level

0 1 2 3 4 5 6 7 8 9 10

I live in the present moment

I don't enjoy the activities I do, I just do them to get them done

0 1 2 3 4 5 6 7 8 9 10

I enjoy everything I do

I'm never satisfied with how much I accomplish

0 1 2 3 4 5 6 7 8 9 10

I'm very pleased with how much I accomplish

I feel overwhelmed and stressed

0 1 2 3 4 5 6 7 8 9 10

I feel peaceful and relaxed

I'm always in a hurry to get places

0 1 2 3 4 5 6 7 8 9 10

I get where I need to be and feel good about it

My mind is so cluttered with things I have to do that I don't even have time to think

0 1 2 3 4 5 6 7 8 9 10

My mind is free and clear for new ideas and opportunities

I feel there is never enough time in my life

0 1 2 3 4 5 6 7 8 9 10

I feel an abundance of time

Score each one from 0-10, then add them all up and divide by 7.

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Health Abundance Assessment

I feel very unhealthy	0 1 2 3 4 5 6 7 8 9 10	I feel extremely healthy, vibrant, and alive
I get sick or injured frequently	0 1 2 3 4 5 6 7 8 9 10	I'm extremely healthy the vast majority of the time
If people around me get sick it's extremely likely that I'll get sick too	0 1 2 3 4 5 6 7 8 9 10	I stay healthy no matter what's going around and no matter who I know has it
If I get sick or injured, it seems to take me a long time to recover	0 1 2 3 4 5 6 7 8 9 10	If I do ever get sick or injured, I bounce back and recover extremely quickly
I am not very physically active and avoid being active whenever I can	0 1 2 3 4 5 6 7 8 9 10	I am highly physically active on a regular basis and I enjoy it
My body is stiff with lots of aches and pains	0 1 2 3 4 5 6 7 8 9 10	My body moves with grace and ease
I eat a lot of unhealthy foods	0 1 2 3 4 5 6 7 8 9 10	I eat loads of healthy foods
I feel guilty about my meal choices, and the snacks and desserts that I eat	0 1 2 3 4 5 6 7 8 9 10	I feel great about my meal choices, the snacks, and desserts I eat

Score each one from 0-10, then add them all up and divide by 8.

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Love Abundance Assessment

I hold back who I am and what I will say with most people

0 1 2 3 4 5 6 7 8 9 10

I am fully self expressed and truthfully, authentically myself with everyone in my life

I feel shy and reserved around most new people

0 1 2 3 4 5 6 7 8 9 10

I am open and friendly towards everyone I meet

If someone hurts my feelings, they must have done something wrong and they need to apologize for it

0 1 2 3 4 5 6 7 8 9 10

No one can hurt my feelings but me, and when that happens I work on healing myself

If my emotional needs aren't being met by someone, I get frustrated, blame them, and act out

0 1 2 3 4 5 6 7 8 9 10

I take responsibility for my emotional needs and make sure they are met, sometimes through a variety of relationships

I'm afraid the people I love the most are going to leave me

0 1 2 3 4 5 6 7 8 9 10

I never even think about people leaving me. Why would anyone do that? And if someone did, I trust in the universe that it's best for everyone

I love to give and contribute to people I care about and I expect others to equally give and contribute back to me; it's only fair

0 1 2 3 4 5 6 7 8 9 10

I love to give and contribute to people I care about with zero expectation of anything in return

I have old resentments with my friends and family

0 1 2 3 4 5 6 7 8 9 10

My relationships are fresh and new no matter how long we've known each other

Why would anyone love me?

0 1 2 3 4 5 6 7 8 9 10

I am extremely lovable

My heart is closed to everyone with few exceptions

0 1 2 3 4 5 6 7 8 9 10

My heart is wide open to the world and everyone in it

Score each one from 0-10, then add them all up and divide by 9.

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I don't have enough money;
I never have enough money

0 1 2 3 4 5 6 7 8 9 10

I have all the money in the
world; I am swimming in
oceans of abundance

When I see things I really want, I
immediately try to make myself satis-
fied with what I already have or tell
myself it's wrong to want so much

0 1 2 3 4 5 6 7 8 9 10

When I see things I really want,
I give them to myself or if it's
beyond my current means, I con-
sistently focus on manifesting it

Even when I get money, I'm not a
good steward of money, I don't
invest it wisely, and I don't build up
my savings

0 1 2 3 4 5 6 7 8 9 10

I'm a good steward of money.
I save and invest wisely as
I'm guided to do

I have a hard time spending money
on myself and/or loved ones

0 1 2 3 4 5 6 7 8 9 10

I love spending money on myself,
my loved ones, and even strangers

I resent paying my bills, my taxes,
and any obligations that don't
bring me immediate joy

0 1 2 3 4 5 6 7 8 9 10

I gratefully pay my bills, my taxes, and
all of my obligations and take joy in
knowing they contribute to a won-
drous lifestyle that few truly appreciate

I rarely contribute time and money
to charitable causes and I feel
guilty about it

0 1 2 3 4 5 6 7 8 9 10

I donate the perfect amount of time
and money to charitable causes

I don't feel secure financially
and I always worry I won't have
enough money

0 1 2 3 4 5 6 7 8 9 10

I feel completely financially secure
and I know I'll always be well taken
care of in the future

I work to make sure things are fair
for myself and others and that
I get what I'm due

0 1 2 3 4 5 6 7 8 9 10

I let go of fairness and look for
how I can contribute and create
more value for others in the world

I worry about money all of the time
no matter how much I do or don't
have it never feels like enough

0 1 2 3 4 5 6 7 8 9 10

I live in a constant state of gratitude

I see myself as poor or middle class

0 1 2 3 4 5 6 7 8 9 10

I thank God I'm rich!

Score each one from 0-10, then add them all up and divide by 10.