

CHRISTIAN MICKELSEN

Time Abundance Assessment

| | | |
|---|----------------------|---|
| I worry about the future; getting things done and getting to the next level | 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 | 1 2 3 4 5 6 7 8 9 10 | I enjoy everything I do |
| I'm never satisfied with how much I accomplish | 1 2 3 4 5 6 7 8 9 10 | I'm very pleased with how much I accomplish |
| I feel overwhelmed and stressed | 1 2 3 4 5 6 7 8 9 10 | I feel peaceful and relaxed |
| I'm always in a hurry to get places | 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 | 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 | 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.

| | | |
|--|----------------------|--|
| I don't have enough money; I never have enough money | 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 satisfied with what I already have or tell myself it's wrong to want so much | 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 consistently 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 | 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 | 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 | 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 wondrous lifestyle that few truly appreciate |
| I rarely contribute time and money to charitable causes and I feel guilty about it | 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 | 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 | 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 and 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 | 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 | 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.