

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.

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Health Abundance Assessment

I feel very unhealthy

1 2 3 4 5 6 7 8 9 10

I feel extremely healthy,
vibrant, and alive

I get sick or injured frequently

1 2 3 4 5 6 7 8 9 10

I am extremely healthy the vast
majority of the time

If people around me get sick it's
extremely likely that I'll get sick too

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

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

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

1 2 3 4 5 6 7 8 9 10

My body moves with grace
and ease

I eat a lot of unhealthy foods

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

1 2 3 4 5 6 7 8 9 10

I feel great about my meal
choices, the snacks, and
desserts that 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

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

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

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

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 most are going to leave me

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 the 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

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

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?

1 2 3 4 5 6 7 8 9 10

I am extremely lovable

My heart is closed to everyone with few exceptions

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	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.