

ABUNDANCE UNLEASHED

OPEN YOURSELF TO MORE MONEY,
LOVE, HEALTH, AND HAPPINESS NOW

Christian Mickelsen



HAY HOUSE, INC.

Carlsbad, California • New York City
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Wealth Abundance Assessment™

Score each item from 0 to 10, add your scores, and then divide the total by 10.

0	1	2	3	4	5	6	7	8	9	10
I don't have enough money; I never have enough money.						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.						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.						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.						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.						I gratefully pay my bills, my taxes, and all 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.						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.						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.						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.						I live in a constant state of gratitude.				
I see myself as poor or middle class.						I thank God I'm rich!				

Health Abundance Assessment™

Score each item from 0 to 10, add your scores, and then divide the total by 8.

0	1	2	3	4	5	6	7	8	9	10
I feel very unhealthy.						I feel extremely healthy, vibrant, and alive.				
I get sick or injured frequently.						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.						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.						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.						I am highly physically active on a regular basis, and I enjoy it.				
My body is stiff with lots of aches and pains.						My body moves with grace and ease.				
I eat a lot of unhealthy foods.						I eat loads of healthy foods.				
I feel guilty about my meal choices, snacks, and desserts that I eat.						I feel great about my meal choices, snacks, and desserts that I eat.				

Love Abundance Assessment™

Score each item from 0 to 10, add your scores, and then divide the total by 9.

0	1	2	3	4	5	6	7	8	9	10
I hold back who I am and what I will say with most people.						I am fully self-expressed and truthfully, authentically myself with everyone in my life.				
I feel shy and reserved around most new people.						I am open and friendly toward everyone I meet.				
If someone hurts my feelings, they must have done something wrong, and they need to apologize for it.						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.						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.						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.						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.						My relationships are fresh and new no matter how long we've known each other.				
Why would anyone love me?						I am extremely lovable.				
My heart is closed to everyone with few exceptions.						My heart is wide open to the world and everyone in it.				

Time Abundance Assessment™

Score each item from 0 to 10, add your scores, and then divide the total by 7.

0	1	2	3	4	5	6	7	8	9	10
I worry about the future, getting things done, and getting to the next level.						I live in the present moment.				
I don't enjoy the activities I do; I just do them to get them done.						I enjoy everything I do.				
I'm never satisfied with how much I accomplish.						I'm very pleased with how much I accomplish.				
I feel overwhelmed and stressed.						I feel peaceful and relaxed.				
I'm always in a hurry to get to places.						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.						My mind is free and clear for new ideas and opportunities.				
I feel there is never enough time in my life.						I feel an abundance of time.				