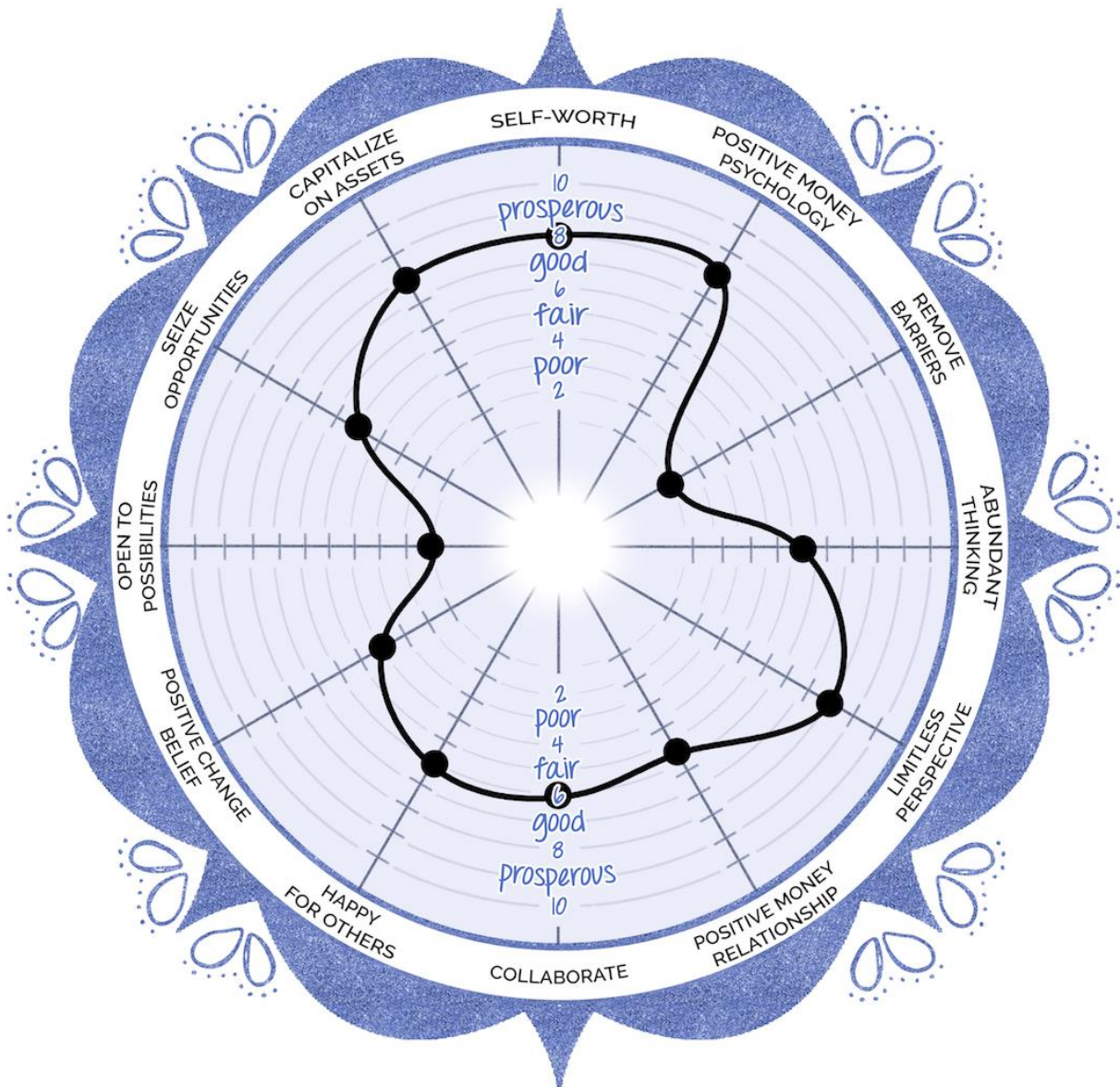


## The Abundance Wheel Example



This wheel was filled out by someone who wasn't very Open to Possibilities for herself, so she scored low in that area; but she scored high when it came to Happiness for Others. The "dents" on the wheel represent areas where she scored lower. This program provides the opportunity to begin working these dents, or areas of deficit, today. With significant areas of deficiency, your wheel may look more like a "constellation" than a circle, and that's okay! Revisit this exercise as

you work through The Financial Mindset Fix program. To get a base reading on where abundance shows up in your life currently, complete the Abundance Wheel.



### **The Abundance Wheel (20 minutes)**

Date: \_\_\_\_\_

Rate your response after each question using a number from the following scale:

Poor (1-3), Fair (4-5), Good (6-7), Prosperous (8-10)

Poor			Fair		Good		Prosperous		
1	2	3	4	5	6	7	8	9	10

**Self-Worth:** How would you rate your ability to embrace your innate worth and feel deserving of prosperity and all that is good? \_\_\_\_\_

**Positive Money Psychology:** How positive are your beliefs about the meaning of money?

\_\_\_\_\_

**Remove Barriers:** How good are you at moving past guilty feelings for wanting more and replacing self-limiting beliefs with positive statements that welcome the flow of money to you?

\_\_\_\_\_

**Abundant Thinking:** How would you rate yourself when it comes to abundant thinking instead of scarcity thinking and trusting in an abundant flow of resources? \_\_\_\_\_

**Limitless Perspective:** How well are you able you see past limits (other than ethical) and think big about your life and financial future? \_\_\_\_\_

**Positive Money Relationship:** How would you rate yourself at having an attentive and nurturing relationship with money? \_\_\_\_\_

**Collaborate:** When it comes to working together rather than working in competition, how would you rate yourself? \_\_\_\_\_

**Happy for Others:** While celebrating the joys and successes of others, how convinced are you that this does not mean there is less for you? \_\_\_\_\_

**Positive Change Belief:** Do you believe that even if life is difficult now or your finances are in bad shape, things can improve? \_\_\_\_\_

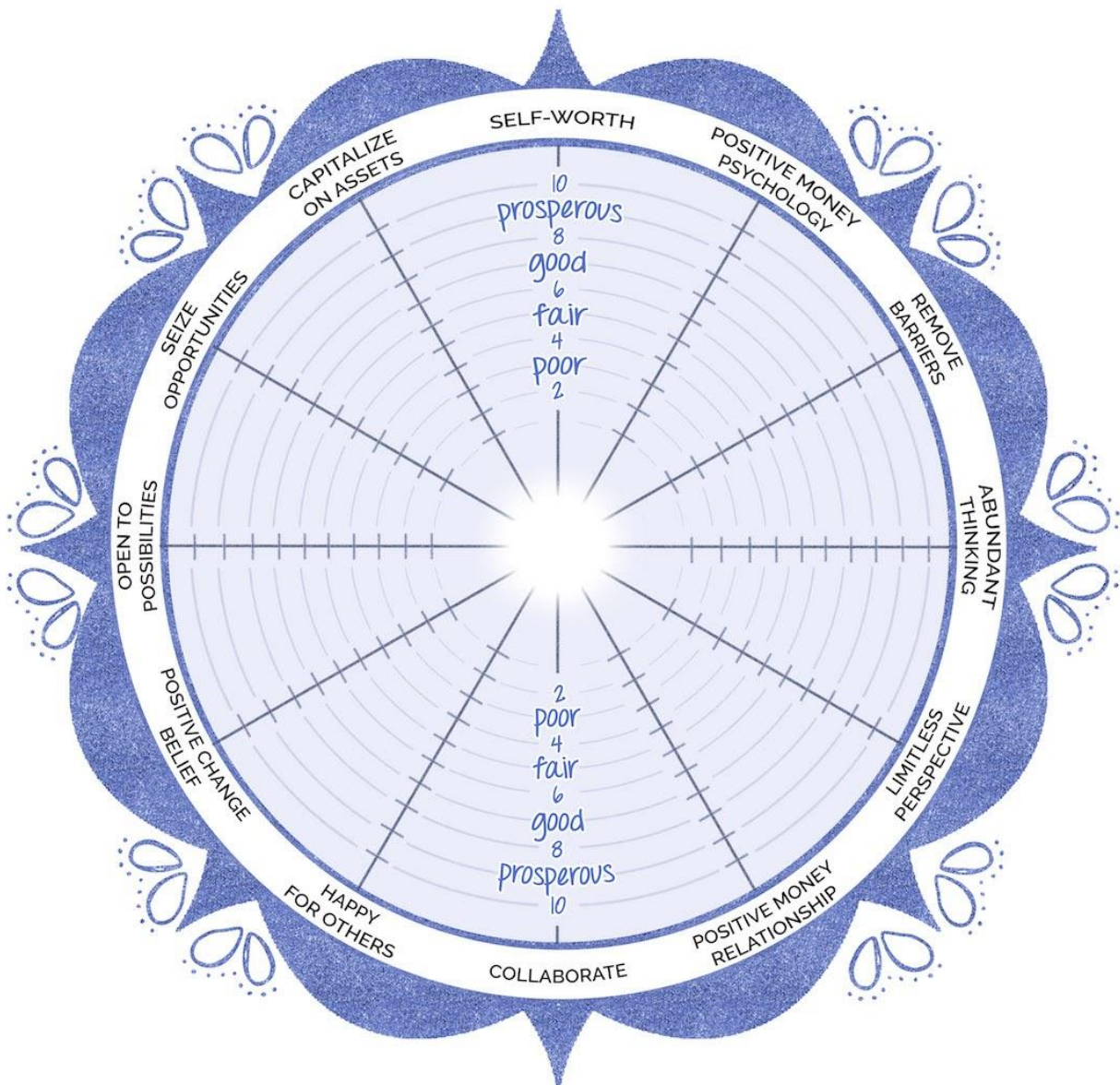
**Open to Possibilities:** Instead of seeing roadblocks, how willing are you to look at new ways of doing things so your work, finances, and life can grow and flourish? \_\_\_\_\_

**Seize Opportunities:** How good are you at accepting invitations, attending events, classes, online seminars, e-courses, and other opportunities extended to you? \_\_\_\_\_

**Capitalize on Assets:** How would you rate yourself at utilizing the gifts, talents, and resources that are available to you? \_\_\_\_\_

Chart your responses on The Abundance Wheel. Let's start at the top: are you Poor, Prosperous, or somewhere in between when it comes to Self-Worth? Put a dot on the spoke next to the number that corresponds with your answer. Now, continue going around the wheel and after

scoring yourself on every spoke, connect the dots to create a circle. Don't worry about your scores. Just be honest.



## The Abundance Wheel

To see where you are at when it comes to abundance, answer the following questions:

- Where are the three biggest “dents” in your wheel?
- What do you see as the biggest obstacles to achieving a Prosperous rating in these three areas?
- Any ideas on how you can transcend those limitations?