

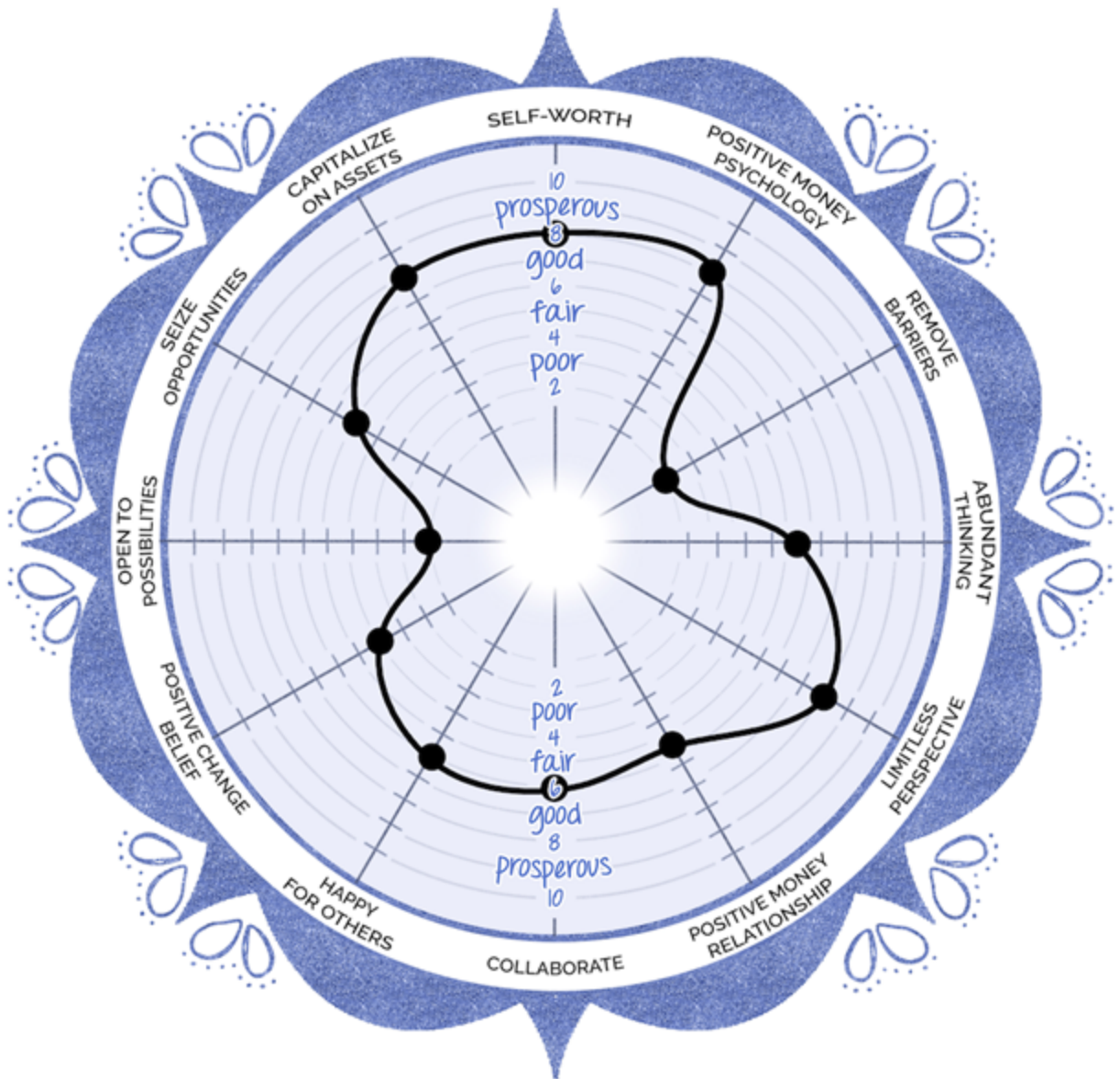


THE ABUNDANCE WHEEL

The Abundance Wheel is a self-evaluation tool that helps you realize where your strengths and weaknesses are when it comes to abundance. Don't worry about your scores—we are all works in progress. Completing the wheel exercise is easy. After you go through it once, you'll be a pro. And if you become discouraged because there is still progress to be made, always remember we are looking for progress, not perfection.

The wheel exercise begins with a set of questions. After you read a question, simply rate yourself on the following scale: Poor (1-3), Fair (4-5), Good (6-7), Prosperous (8-10). Each wheel diagram contains a set of spokes, similar to the spokes on a bicycle wheel.

After you answer each wheel exercise question, chart your answer on the wheel. Find the spoke that matches the label of the question. Then, simply place a dot on the spoke next to the number that corresponds with your answer. After scoring yourself on every spoke, connect the dots to create a circle. Note that the higher a number is, the closer it is to the outer section of the wheel, while lower scores are more toward the middle. Now, at the end of each spoke, list the names or titles of people or organizations that provide you with this type of support. It's okay to list the same person, title, or organization in more than one spoke. To get an idea of how it looks, see the following Abundance Wheel Example.



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 to 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? _____

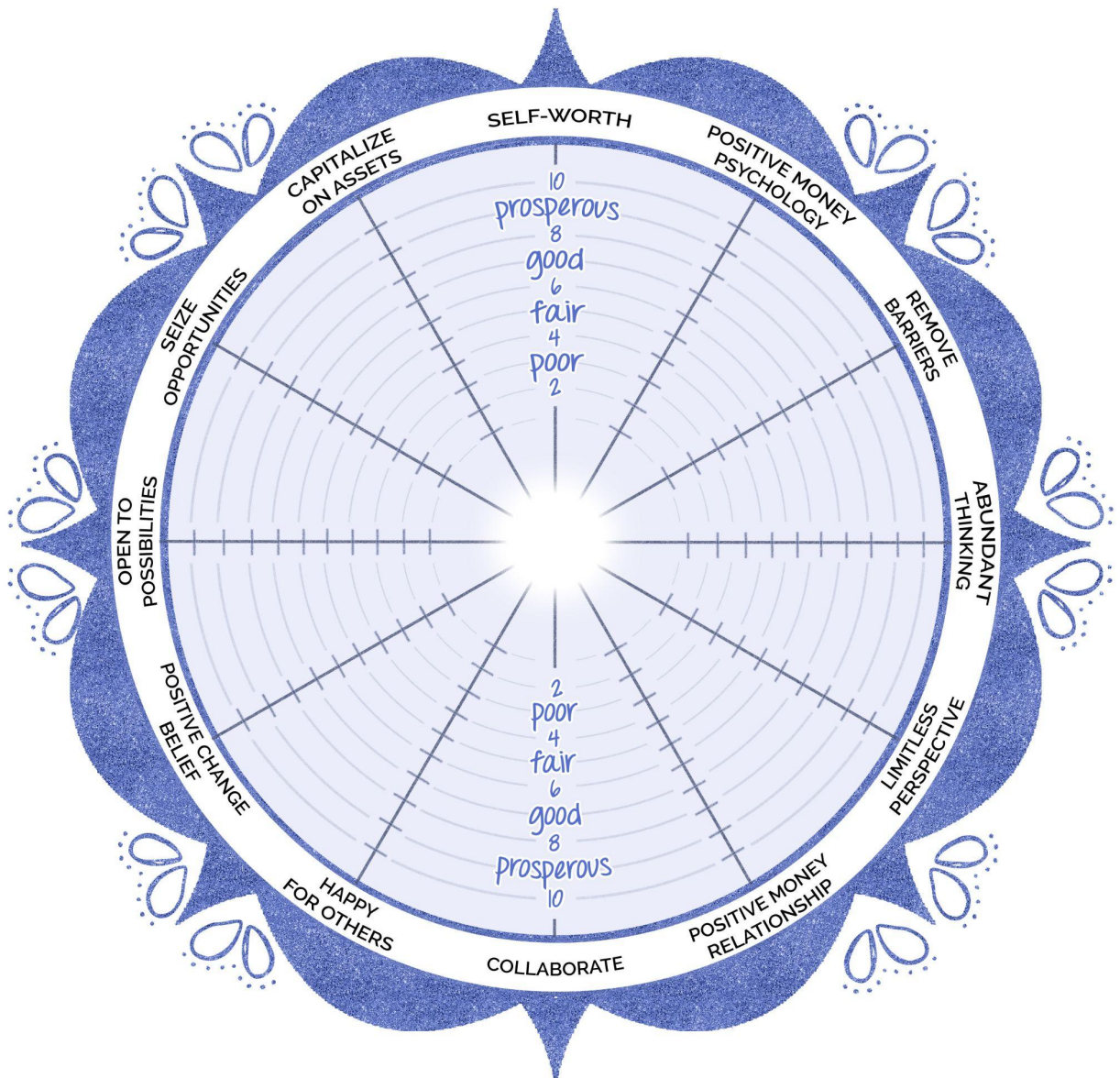
Positive Change Belief: Do you believe that even if life is difficult now or your finances are in bad shape, things can improve? _____

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

After you answer each wheel exercise question, chart your answer on the wheel. Find the spoke that matches the label of the question. Start at the top of the wheel. Then, simply place a dot on the spoke next to the number that corresponds with your answer. For example, if you rated yourself a 3, put a dot at the 3 mark on the spoke.

After scoring yourself on every spoke, connect the dots to create a circle. Note that the higher a number is, the closer it is to the outer section of the wheel, while lower scores are more toward the middle.

Now write down today's date so you can reference it when you reassess your financial health at a future date. Today's date: _____.

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?

Worksheet by Joyce Marter, LCPC

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