



The

Money &
Abundance

mindset quiz

ALONG WITH bonus content

for Women New & Aspiring
Spiritual Entrepreneurs



Quiz

Are You Living with an Abundance or Scarcity Mindset?

INSTRUCTIONS Answer these questions to better understand which Mindset you tend to live with on a daily basis.

Are you happy for other people's success?

- Yes, I love seeing others succeed.
- Sometimes; if I feel confident in my own life
- No, I become really envious when I hear of someone else succeeding.

Do you Embrace change?

- Yes, I understand that change is a necessary part of life.
- Sometimes; when I'm comfortable with what is changing.
- No, I dislike change of any kind.

Do you enjoy learning new things?

- Yes, I love to learn and develop new skills.
- Sometimes; when it's something that interests me.
- No, I really don't feel like there's much more I could learn.

Do you consider yourself optimistic?

- Yes, I always try to look at the bright side of any situation.
- Sometimes; it depends on the circumstance.
- No, why should I be? Everything bad always happens to me.

Do you take responsibility for your own success?

- Yes, I am the only one who will determine how far I go.
- Sometimes; when things are going my way.
- No, my circumstances determine everything.

Do you see failure as a stepping stone?

- Yes, I see failure as an opportunity for growth.
- Sometimes; when it doesn't hurt too much.
- No, once I fail at something, I'm done.



Continued...

Do you believe there is more than enough (money, time, energy, success) to go around for everyone?

- Yes, there is a limitless supply for anyone who wants it.
- Maybe; if you start soon enough.
- No, I've missed the boat entirely and have to accept what I've got.

Are you enthusiastic about the future?

- Yes, there are so many opportunities ahead of me.
- Sometimes; but it also really worries me.
- No, why should I be? It's just more of the same.

Do you practice Gratitude?

- Yes, every day. It's a constant reminder of all the things I have to be thankful for.
- Sometimes, when I get around to it.
- No, I can never think of anything to be thankful for.

Do you make a habit of stepping outside your comfort zone?

- Yes, as often as I can to push myself forward.
- Sometimes; when it's not too uncomfortable.
- No, I don't like doing anything that scares me.

For all those questions to which you answered YES, keep doing what you're doing in these areas to keep your Abundance mindset strong.

If you answered SOMETIMES or NO, it's time to assess what changes you can make to bring more of an Abundance Mindset into your life. Of course, if you're happy with your life, no changes are necessary. But if you'd like to experiment and experience what some additional positive energy can bring, focus on one of these questions and make some changes.

Changes don't have to be life-altering; start small by adding one new habit a week. Start a Gratitude Journal or make a list of things you'd like to accomplish over the next year. Dream big and start envisioning your future with optimism.

There aren't any point values involved in this assessment and no one will come back to check on whether you've made changes; but improving each of these answers toward the YES column will greatly help you more Abundance to your life.



David Schirmer

Wealth is a mindset. It's all about how you think. Money is literally attracted to you or repelled from you.





Bonus Content

HOW-TO
CREATE

Affirmations

HOW-TO WRITE AFFIRMATIONS

Affirmations are everywhere, and they have the strong ability to lift your spirits to get through hard times. This is because we're all highly suggestible, even if we think we're not!

Affirmations help us to keep a positive attitude about life. It's only natural that we'll get more out of these positive sayings if we formulate them ourselves. Writing our own affirmations makes them personal to us, which can then help us to get through our own individual situations.

When you start writing your own affirmations, keep these tips in mind:

1. **Make them personal.** When you write affirmations, it's important to remember to use "I" in them. They are personal to you after all.

Example: "I am having an exceptional day today!"

2. **Use the present tense.** Affirmations are built in order to change our feelings now, which is why you want to stay positive and strong in this moment. When you use the past tense, you get nostalgic. When you use the future tense, you get hopeful. The present tense helps you feel the difference right now.

Example: "I am feeling relaxed."

3. **Be down to earth.** This just means to use your own style and try not to make your affirmations too formal or wishy-washy. You want to capture your own voice.

Incorrect Example: "Presently I feel the urge to enjoy my existence."

Correct Example: "I enjoy my life."

4. **Be short.** Affirmations are meant to be short, simple and sweet. Stay on target and make your affirmation a one-liner. If it's too wordy, try breaking it up into a few affirmations. The trick is to stick with one simple idea at a time.

Example: "I am in perfect health."





5. **Make it positive.** Affirmations are positive statements, so avoid negative words like "not." You're using affirmations to make a life improvement, and positive statements motivate you to make this improvement.

Example: "I am at peace with my mind."

6. **Make it believable.** You don't want your affirmation to sound like something out of this world. If it's not believable, you won't take it seriously, and your subconscious will dismiss it.

Example: "I am choosing to be happy today."

Believe in the Power of Affirmations

When you say your affirmations, believe them to be true. Affirmations are truly powerful sets of words as long as you believe what you're telling yourself.

Affirmations alone have been known to help people cure addictions. Women even use them during childbirth to help them stay calm and collected during natural delivery.

First, set your eyes on your goal and then write your affirmations to get yourself there.

Write Them Down

Practice always makes perfect. Write down the affirmations you're feeling. Then go over the list above and make sure that your affirmations follow the rules. Once they do, start using your affirmations and feel the difference. Say your affirmations to yourself daily. Take deep breaths and keep your eyes on your goal.

Also, if need be, tweak your affirmations. These positive sayings aren't written in stone, so as you change, your affirmations can change, too.

It's best to keep your affirmations in a place where you can see them. You can keep a list in your pocket, or you can post them around the house. Paste them on the bathroom mirror, on your computer, or wherever you know, you'll see them each day.

Affirmations can make all the difference in reaching your goals. Give them a try and enjoy the benefits these positive statements can make in your life. You will have a chance to practice in a journal exercise.





Ayn Rand

Money is only a tool. It will take you wherever you wish, but it will not replace you as the driver.

