

# DISCOVER YOUR INTERNAL ABUNDANCE RATING

@cw\_full\_circle

Give each line a rating between 0 & 10; 10 being the highest

- I express gratitude daily \_\_\_\_\_
- I feel in control of my life \_\_\_\_\_
- I am optimistic \_\_\_\_\_
- I live in the moment \_\_\_\_\_
- I smile every day \_\_\_\_\_
- I feel inspired daily \_\_\_\_\_
- I have wonderful dreams I am excited to be working towards \_\_\_\_\_
- I love where I live \_\_\_\_\_
- I am organised day to day \_\_\_\_\_
- My environment is clutter free \_\_\_\_\_
- I wake up with energy every day \_\_\_\_\_
- I exercise at least 3 times a week \_\_\_\_\_
- I often go outside and spend time in nature \_\_\_\_\_
- I sleep well \_\_\_\_\_
- I have great relationships with those around me \_\_\_\_\_
- I often spend quality time with friends \_\_\_\_\_
- I love the work I do \_\_\_\_\_
- I feel part of a community \_\_\_\_\_
- I help others \_\_\_\_\_
- I learn new thing daily \_\_\_\_\_
- I am involved consistently in hobbies I love \_\_\_\_\_
- I often spend time on myself \_\_\_\_\_
- I challenge myself and enjoy challenges \_\_\_\_\_
- I often shake up my routine and try new things \_\_\_\_\_
- I feel happy every day \_\_\_\_\_
- I love my life \_\_\_\_\_

*"We don't see things as they are,  
we see things as we are"*

*~ Anais Nin*

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