

QUIZ

Where Are You Now?

If you set out today to make your life more abundant, your starting point would be different from anyone else's. People in your income bracket, or above and below you, have inner attitudes and beliefs about abundance. These shape the outcome their efforts will yield even before they start.

Directions: For each of the following statements, check *Agree*, *Neutral*, or *Disagree*. Trust your first response. If you feel fairly weak on the Agree or Disagree side, it is better to choose one than to check Neutral. Doubts and second thoughts tend to cloud the issue, rather than clarifying it.

PART 1: ATTITUDE OF LACK

The people who get rich are usually greedy.

Agree ☐ Neutral ☐ Disagree ☐

Money is the root of all evil.

Agree ☐ Neutral ☐ Disagree ☐

When someone gains, someone else has to lose.

Agree ☐ Neutral ☐ Disagree ☐

I tend to notice my inadequacies.

Agree ☐ Neutral ☐ Disagree ☐

I am blocked in reaching my goals because I remember my past failures.

Agree ☐ Neutral ☐ Disagree ☐

It is spiritual to take a vow of poverty.

Agree ☐ Neutral ☐ Disagree ☐

The people around me should support me more.

Agree ☐ Neutral ☐ Disagree ☐

Things go wrong if you set your expectations too high.

Agree ☐ Neutral ☐ Disagree ☐

In my heart of hearts, I don't feel like a success.

Agree ☐ Neutral ☐ Disagree ☐

I have no idea why some people fail and others succeed.

Agree ☐ Neutral ☐ Disagree ☐

You don't get anywhere unless you earn it.

Agree ☐ Neutral ☐ Disagree ☐

Bad people play the game better than good people.

Agree ☐ Neutral ☐ Disagree ☐

The important thing is to hold on to what you have.

Agree ☐ Neutral ☐ Disagree ☐

PART 2: ATTITUDE OF ABUNDANCE

If I set myself a goal, I am confident I will reach it.

Agree ☐ Neutral ☐ Disagree ☐

It's true that you can make your own luck.

Agree ☐ Neutral ☐ Disagree ☐

Opportunity is there if you look for it.

Agree ☐ Neutral ☐ Disagree ☐

I believe in being generous with my time, money, and resources.

Agree ☐ Neutral ☐ Disagree ☐

An attitude of giving has served me well.

Agree ☐ Neutral ☐ Disagree ☐

I can forget my past failures fairly easily, compared with most people.

Agree ☐ Neutral ☐ Disagree ☐

People are basically good.

Agree ☐ Neutral ☐ Disagree ☐

Everything happens for a reason.

Agree ☐ Neutral ☐ Disagree ☐

My life has a strong purpose.

Agree ☐ Neutral ☐ Disagree ☐

My work is meaningful to me.

Agree ☐ Neutral ☐ Disagree ☐

ASSESSING YOUR ANSWERS

This isn't a quiz with a numerical score, but you can still get a good idea of your starting point with abundance. It would be rare, if not impossible, to agree with all questions on both parts of the quiz, since they ask about opposite attitudes. Instead, you will find that you checked Agree and Disagree in varying proportions.

You have an **attitude of lack** if you Agree with six or more statements in Part 1. (You probably also marked Disagree on a number of statements in Part 2.) This is indicative of any number of things, such as

- Self-doubt
- Low self-esteem

- Skepticism
- Pessimism
- Memory of past failures
- Received opinions
- Defensiveness
- Financial insecurity

These factors are about you and your belief system, not about the world “out there.” You are more likely to take self-defeating actions and make impulsive decisions. It’s probably hard for you to set higher goals without feeling a sense of defeat before you take the first step. I am not assigning blame. Sadly, the world unfairly throws up obstacles to achieving success and abundance. You can’t change the world, but you can change the inner obstacles you have put up.

You have an **attitude of abundance** if you Agree with six or more statements in Part 2. (You probably also marked Disagree on a number of statements in Part 1.) This is indicative of any number of things, such as

- Self-confidence
- Optimism
- Self-reliance
- Moving on after setbacks
- A strong support system
- Acceptance of others
- A nonjudgmental attitude

These things give you inner strength and resilience

in the face of obstacles. You are not self-defeating when you take action and make key decisions. You are more likely than most people to be emotionally stable and to see situations with clarity. Setting higher goals doesn't make you anxious or raise specters of defeat.

You are probably *in denial* if you marked Neutral more than five times on either part, or if you marked Agree more than five times on both parts. The statements you were quizzed on are potent, and it is unrealistic to feel neutral about many of them. Denial is a safe position to take, but it is also a limiting one. Venture little and little is gained. This goes for our desires, wishes, and dreams as much as for the risks we take.