



## Poverty/Abundance Mindset Assessment

On a scale of 1–5, with 1 meaning 'never' or 'rarely' and 5 being 'quite often' or 'always,' circle your answer for each question below. What areas could you focus on to improve your abundance mindset?

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1. How often do you envy the accomplishments of others?      1   2   3   4   5
  2. How often do you see more obstacles than opportunities?      1   2   3   4   5
  3. How often do you feel like your challenges are insurmountable?      1   2   3   4   5
  4. How often do you feel threatened by the success of others?      1   2   3   4   5
  5. How often do you feel limited by your resources?      1   2   3   4   5
  6. How often do you find yourself blaming other people, the government, time, etc. for the problems you face?      1   2   3   4   5
  7. How often do you catch yourself making excuses or justifying your shortcomings?      1   2   3   4   5
  8. How often do you see the negative or the wrong in people, places, events, etc.?      1   2   3   4   5
  9. How often do you complain?      1   2   3   4   5
  10. How often do you recognize what you're grateful for in life?      1   2   3   4   5