Abundance Frequency Questionnaire

Instructions to Begin:

1. If you could choose one thing that you would like to have or experience in your life what would it be? (Simply capture and list out each of your desires on a separate piece of paper.

2. Then using one desire at a time, start the questioning process below to uncover the abundance frequency; all is possible energies that light YOU up! You can come back to this questionnaire with a new desire as many times as you like.)

   (i.e. What do you really desire right now in your life? What would you like to have or experience? What struggle or challenge would you desire to be resolved?

   Choosing ONE thing from your list and answer this question: When you look at this one thing, what is it that you really, really want?

   Now as you ask yourself the question – place the answer (to this question just answered) on the next line below in the space provided.

   What would __(place answer here)____ provide for you? = _____

   Next move down to the line underneath the previous question, (you just answered), and ask yourself the next question:

   What would _(what you previous answered listed here)___ provide for you? = _____

   (AND now place that answer on space provided on the next line below. Now continue by repeating this process.)

Abundance Frequency Expansion Questionnaire:

What I really, really want is _____ .

What would_____provide for you? = _____ .

What would_____provide for you? = _____ .

What would_____provide for you? = _____ .

What would_____provide for you? = _____ .

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What would_____provide for you? = _____.