



Accessing Your *Invincible* Presence
& *Infinite* Abundance

Before & After
Workbook
Questionnaire

Living Life
Abundantly
WITH MARY A. HALL
Life

Living Life Abundantly

WITH MARY A. HALL

This questionnaire is the start of, and prerequisite to, Mary A Hall's Programs. It has been designed to take you through a process of assessing your current state, so that you can refer back to it at the end of the program and map your progress. As we start vibrating at higher frequencies, we tend to forget where we used to 'live' so this will serve both as a reminder of how far you've progressed, as well as a creative tool that you can use on an on-going basis as you continue to learn and grow.

You will notice that the answers to each question are posed in a gradient fashion from one extreme to the other. We start with the low vibrating, negative states and gradually move up to the high vibrating, positive states where we fully trust in life and know that all is possible. This serves a twofold purpose. One is to help you clearly see where you are right now and the second is to serve as a template to show you the next 'level of possibility' that you will experience as you continue to adapt the principles of accessing your resilient self, being in the flow with life and abundance being taught to you.

There is also an energetic frequency available to you throughout this questionnaire that builds with each question. You will notice it opening you to the full force of your potential for the this program. Each question holds powerful frequencies and are designed with YOU in mind. This process is an essential initiator into the program.

Play along with the questions... Don't take them too seriously... Just answer the questions with your first gut reaction and don't take time to think about them too much. This questionnaire is simply a tool of assessment for your empowerment toward change. Answer the questions from the standpoint of where you are right now. (If you are still affected by the past then take that into consideration when answering the question. - IE: if you were sad or angry in the past but have moved past it... then answer the questions from your standpoint of NOW.)

Relax, have FUN, and enjoy the process...

*P.S., Remember to read the **POWER THOUGHTS** found at the bottom of each page. They are guides and helpers on your energetic pathway to abundance (it is starting already)!*

1. When you think about this program, what is your attitude going into the next 30 days?

1. I've tried everything that's out there, how is this going to be any different? I'll do what I'm told to do, but I'll just prove that once again nothing works for me.
2. I'm somewhat excited about doing this program, but also feel exhausted and frustrated from trying new things.
3. I do have a lot of questions and uncertainties, but feel ready to try something new and see what happens.
4. It seems like a lot to do but I'm willing to play full out for the next 30 Days and to make the necessary changes to become happier and freer.
5. I feel so ready and excited about doing this program. I have no doubt that I will apply myself and I'll succeed.

Indicate the percentage of time that this statement is true for you:

I am able to embrace new things easily _____ % of the time

%0 10 20 30 40 50 60 70 80 90 100%

I fully and freely embrace and trust myself _____ % of the time

%0 10 20 30 40 50 60 70 80 90 100%

*~ I will put my whole heart and being into this program -
Knowing it is just 30 days and it will radically change my life.~*

2. At the first sign of slipping back into what you perceive as old patterns and behaviors, how are you most likely to respond?

1. I'll feel frustrated and adamant that this is another method that just won't work for me and give up.
2. I'll feel frustrated and annoyed, but will continue to seek answers to my questions and solutions to my challenges.
3. I'll feel frustrated as I notice the old patterns showing up but will find ways to implement the new principles and practices I've learned.
4. I'll embrace the old patterns as just being patterns of thought and will consistently shift my perspective and move back to my new way of being.
5. I'll feel a sense of detachment as I inquisitively observe and notice the old patterns and excitedly transition back to my new found patterns of being.

Indicate the percentage of time that this statement is true for you:

I am able to embrace my failures knowing that I am human and mistakes are simply a part of life _____% of the time

%0 10 20 30 40 50 60 70 80 90 100%

I am able to give to others the freedom to live their own lives and make mistakes too _____% of the time

%0 10 20 30 40 50 60 70 80 90 100%

~ I will offer myself grace and compassion as I manoeuvre through learning new ways to think and be.~

3. How do you manage your expectations?

1. If an opportunity doesn't work out, I feel frustrated and completely give up, believing it's hopeless to continue.
2. I try not to set my expectations too high as things never work out the way I want them to.
3. I don't have many expectations in my life, so I don't notice how I manage them.
4. When things don't work out according to my expectations, I breathe re-center and have patience trusting everything is perfect.
5. I consciously release expectations; instead I see the best in all situations and know that even when things don't appear to work out, I can completely trust that everything is perfect.

Indicate the percentage of time that this statement is true for you:

I am able to easily embrace all circumstances and events as perfect reflections of the areas that can teach me and support me in my growth _____% of the time

%0 10 20 30 40 50 60 70 80 90 100%

I am able to easily embrace all interactions with others as perfect reflections of the areas that can teach me and support me in my growth _____% of the time

%0 10 20 30 40 50 60 70 80 90 100%

~ I rejoice in all circumstances, events and interactions as I ponder the brilliance of how they reflect my opportunities to grow in love, peace and well being.~

“You’re doing great!!
Remember to be light and easy when
answering the questions. You’ll get much
clearer answers if you don’t over think”

~Mary

4. How much frustration and annoyance do you experience in your life?

1. I feel frustrated and annoyed most of the time and regularly strike out at others in my frustration.
2. I often feel annoyed and internalize my frustrations by often beating myself up and sometimes lashing out at others.
3. There are certain things that will sometimes frustrate me, but I don’t consciously set out to release it. I let it fade on its own.
4. If I ever feel frustrated or annoyed I breathe, center myself and use a learned process to transition to feelings of peace and love.
5. I rarely feel frustrated or annoyed. I am at ease and in joy most of the time and easily connect to my heart.

Indicate the percentage of time that this statement is true for you:

I am able to easily embrace challenges as opportunities and

I rejoice in the new awareness they bring me _____% of the time

%0 10 20 30 40 50 60 70 80 90 100%

I am able to rejoice as I watch others who have different levels of awareness and points of view than I, fully supporting them as I know that they are on their own path _____%

of the time

%0 10 20 30 40 50 60 70 80 90 100%

~ I rejoice as I encounter new awarenesses through perceived challenges, embracing the opportunity and loving my newfound possibilities.~

5. Which statement best describes how you respond in traffic, long line-ups or when things don't go your way?

1. I get agitated and annoyed, lashing out at myself and others.
2. I get frustrated but keep it bottled up inside, allowing it to build up.
3. I get agitated or frustrated some of the time, but don't do anything with it. It eventually goes away.
4. I initially get agitated, but then make an effort to center myself, connect within, breathe and return to a space of peace and love.
5. I rarely get upset. I take each opportunity to look for what's right in the moment.

Indicate the percentage of time that this statement is true for you:

I am able to fully embrace each and every moment, looking for "what's right" in the moment through my heart connection _____% of the time

%0 10 20 30 40 50 60 70 80 90 100%

I am able to fully support others when things don't go THEIR way, embracing their humanness and staying within my heart connection _____% of the time

%0 10 20 30 40 50 60 70 80 90 100%

~ I openly accept situations and events, embracing all circumstances as opportunities for me to see "what's right" in the moment and to connect within to my heart center.~

6. How much do you ENJOY where you invest your TIME on a daily basis? (This could be a combination of your job, your career, your work, raising your children, volunteering, if you are full time at home, if you are retired...etc.)

1. I really don't like what I'm doing, but don't feel that I have a choice in the matter.
2. I am not thrilled with what I do, but don't really know what it is that I want to do. I just know that I want something different.
3. I am ok with what I'm doing, but really want to find something I'm passionate about.
4. I really enjoy what I'm doing, but don't know how to make a living or to tap into financial abundance with it.
5. I enjoy what I'm doing, but know that my passion is doing something else and am looking to transition into that.
6. I feel truly blessed as I am living my passion and dream and easily manifest financial abundance through it.

Indicate the percentage of time that this statement is true for you:

I love what I do and have passion for my work (and play), and focus my conscious attention on enjoying these activities. _____% of the time

%0 10 20 30 40 50 60 70 80 90 100%

I focus my intentions and actions on joyfully sharing my gifts with friends, family, colleagues (if appropriate clients and customers), opening and trusting Divine inspiration to guide me.

_____ % of the time.

%0 10 20 30 40 50 60 70 80 90 100%

~ I fully embrace where I am in the moment, knowing that I can share my gifts with the world, regardless of what I'm doing, and follow Divine Inspiration to see my next steps.~

7. Throughout your day, how often do you feel or express “I don’t like” this?

1. I find many moments all day long that I consistently dislike and wish were different. I feel the dislike viscerally and deeply to the point of discomfort.
2. I often notice the things I dislike first, and they can take precedence over what I like (and can sometimes ruin the “good stuff”).
3. I witness my reactions in both moments of dislike and moments of noticing ‘what’s right,’ sometimes moving into seeing the good.
4. When I feel what I don’t like rising up within me, I am often present enough in the moment to shift it into what is right and good about my life.
5. In the most moments of my life I am focused on what is good, right and perfect about the situation or person I encounter. I know that the discomfort is temporary and guiding me to clearing and love.

Indicate the percentage of time that this statement is true for you:

I know that I am the power and choice of seeing the best in any situation. Of choosing to “like” what I see and celebrate that. _____% of the time

%0 10 20 30 40 50 60 70 80 90 100%

I flourish in the face of opposition, and move easily to seeing and experiencing that all is possible, good and right. _____% of the time

%0 10 20 30 40 50 60 70 80 90 100%

~ I am the gift of love that brings perspective and experience to appreciate the good that is in front of me regardless of the situation.~

8. How is your relationship with money?

1. I was brought up to believe that money is evil, not spiritual and that I have to work hard to make money.
2. I feel worried and fearful every time I think about money. I never have enough.
3. I don't ever think about my relationship with money. It's something that's "just there".
4. I have a fairly healthy relationship with money and have created abundance in some areas of my life, but just not as much financial abundance as I'd like.
5. I see abundance all around me and experience freedom and flow of money.

Indicate the percentage of time that this statement is true for you:

When I think of money I feel grateful, comforted and excited by its presence in my life

_____ % of the time

%0 10 20 30 40 50 60 70 80 90 100%

When I think of bills, I feel joy and gratitude for the service this exchange has provided to me

_____ % of the time

%0 10 20 30 40 50 60 70 80 90 100%

~ I fully rejoice in my exchange with money, feeling so much gratitude for its support in my life, knowing it's another form through which Spirit is expressed.~

“Take a DEEP Breath before going on.
 You are doing fantastic. Don’t over-
 analyse or make judgements about your
 answers. You are perfect the way you are.
 Be excited for the growth that’s to come!”

~Mary

9. What best describes your energy towards wanting more money?

1. I am impatient and don’t see why money flows easily to others, but doesn’t come to me.
2. I feel anxious as I seek for the reasons why I am not bringing in the money I want.
3. I feel confused sometimes. I understand that I am a good person and intend for money to come in, but still don’t have enough.
4. I feel hopeful, trusting that I will eventually find the answers as I continue to open to divine inspiration, guidance and divine-inspired action - moving forward, learning and growing.
5. I trust and know that as I move forward, remaining open to divine inspiration and divine action and letting my light shine, that I tap into the clear frequency of financial abundance and watch as money flows easily to me.

Indicate the percentage of time that this statement is true for you:

I trust the Universe/Divine/God, knowing I am worthy to have good things come into my life and am open to receiving divine inspiration and divine action steps, while freely letting my light shine _____% of the time.

%0 10 20 30 40 50 60 70 80 90 100%

The money I have is just another form of universal support I create with consciousness and intent, reflecting back to me the good that I know that I am _____% of the time.

%0 10 20 30 40 50 60 70 80 90 100%

~ I fully trust that I have all the money I need in the moment and that as I open up to love, the Universe will continue to support me and shower me with gifts.~

10. How would you describe your propensity to worry:

1. I worry about most things, regardless of how big they are. I feel that all my problems are important and I feel justified to worry based on past circumstances.
2. I worry a lot and whenever I attempt to stop worrying, something shows up to prove to me that I do need to worry.
3. I notice myself worrying a lot and know it doesn't serve me, but can't help it.
4. I only worry sometimes over big potential problems, and let the small things go.
5. I rarely worry. I truly believe that I am safe and the Universe fully supports me.

Indicate the percentage of time that this statement is true for you:

I am able to completely TRUST knowing that things will work out ok _____% of the time

%0 10 20 30 40 50 60 70 80 90 100%

I am able to openly and freely SHARE my love, abundance and joy with others _____%
of the time

%0 10 20 30 40 50 60 70 80 90 100%

*~ I fully trust that the Universe/God/Source is on my side,
supporting and guiding me, and I share my life
with others openly.~*

11. When I'm faced with a potential problem, I:

- A. Spend a lot of time in anxiousness, worry and stress about it, believing that if I focus my mind on it continually, I can at least try to prevent or fix it.
- B. Watch myself in anxiousness and stress, knowing that I shouldn't be here, but not being able to stop it.
- C. Feel confused at times and am not sure if I should focus on the problem and worry or just let it go.
- D. Take time to go within to relax and center myself, knowing that is where the true answers reside.
- E. Don't spend much time in anxiousness, worry or stress. I know and truly believe that everything is in Divine Order and all is perfect.

Indicate the percentage of time that this statement is true for you:

I am able to fully RELEASE stressful thoughts knowing that things will work perfectly

_____ % of the time

%0 10 20 30 40 50 60 70 80 90 100%

I am able to Let Go and TRUST that I will receive the perfect guidance from the Universe/
God/Source (however I describe my connection) _____ % of the time

%0 10 20 30 40 50 60 70 80 90 100%

~ I KNOW that the Universe/God/Source is on my side and that I will be ok and WILL receive the insights and direction I need for the next step in my life.~

12. My relationship with fear can be best described as follows:

- A. I am gripped by fear around most areas of my life.
- B. I am able to see that fear does not serve me, but I don't know how to get out of it.
- C. I waiver between feeling fearful and trusting that everything will be OK, not knowing if I should focus on what scares me or actively seek to let it go.
- D. When I notice that I'm feeling fearful, I take time to connect to my heart and FEEL that the Universe is supporting me and that I am SAFE.
- E. I don't experience any fear. I deeply know that I am safe and fully supported by the Universe.

Indicate the percentage of time that this statement is true for you:

I am able to TRUST knowing that I am fully supported _____% of the time

%0 10 20 30 40 50 60 70 80 90 100%

I am able to be GRATEFUL for everything I have, TRUSTING that I will receive Divine guidance as needed _____% of the time

%0 10 20 30 40 50 60 70 80 90 100%

~ I am grateful and truly KNOW that the Universe/God/Source is supporting and protecting me and inspiring me with Divine guidance as I need it.~

13. When something happens that makes me angry, I:

- A. React immediately, lashing out at myself and those around me, feeling justified in my reason for being angry.
- B. Feel the anger bubbling up inside me, knowing that it's not serving me, but not knowing how to stop it.
- C. Withdraw and go within, holding onto the anger and feeling my heart hurting.
- D. Breathe and center myself, looking at the situation as an opportunity to learn about myself, within the situation, and observe the areas within my own life that are open and ready to be healed.
- E. Don't get angry. I am always in a state of acceptance and knowing that there is no injustice or wrong in the world.

Indicate the percentage of time that this statement is true for you:

I am able to RELEASE moments of upset as I connect within and remember who I am, offering love and compassion to myself and those in my life _____% of the time

%0 10 20 30 40 50 60 70 80 90 100%

I am able to be GRATEFUL for these challenging moments too, and TRUST I will receive Divine guidance as needed to communicate my needs, desires and love _____% of the time

%0 10 20 30 40 50 60 70 80 90 100%

~ I am grateful and KNOW that the Universe/God/Source is on my side as I learn new ways of communicating and expressing my love, needs and desires and that I will RECEIVE the insight and direction I need to stay in a place of love as I take my next step.~

“You’re doing such an amazing job!! Remember that you are perfect in who you are and congratulate yourself for taking these steps. You will be so grateful when you look back at this moment in the future.”

~Mary

14. How do you feel about the difficult times in your life?

1. I hate having to go through difficult times. I wish they would never happen.
2. I of course don’t like them, but there’s nothing I can do about them, so I get by.
3. I don’t like difficult times, but use various coping mechanisms to help me through them.
4. I function and get through difficult times, using my proven processes of self-care and inner connection looking for the insights and “ah ha” information from the situation
5. I know the difficult times will not always be, they are simply seasons of life. I know that in time I will come to see the jewels that are here for me through these challenges, pointing me deeper into a more connected sense of BEING.

Indicate the percentage of time that this statement is true for you:

While I still feel the emotions that are brought forward through life challenges, I know the difficult times in my life are there for me, allowing me to go deeper and expand more into who I am. _____% of the time

%0 10 20 30 40 50 60 70 80 90 100%

I use these moments of challenge to gain new strength and wisdom, and I clearly see new opportunities that reflect back to me what I am ready to shift and change. _____% of the time

%0 10 20 30 40 50 60 70 80 90 100%

~ I accept difficult times as being the lessons and opportunities that they are, reflecting back to me areas to grow and heal.~

15. My regular, daily self-talk shows up as:

1. I am hard on myself and beat myself up most of the time, feeling unworthy and that I need to change.
2. I have moments of compassion for myself, but mostly wonder why I'm unable to get to where I want to be and don't have what it takes to be what I want.
3. I spend a lot of time noticing, observing and forgiving myself and having compassion for myself, as I look for ways to be open to heal.
4. I experience love and compassion for myself. I know that I'm always only doing the best I can.
5. Life is good and I know that good things are coming into my life.

Indicate the percentage of time that this statement is true for you:

I am able to open up and give love and compassion to myself even when I make mistakes.

_____ of the time

%0 10 20 30 40 50 60 70 80 90 100%

I am able to open up and give love and compassion to OTHERS even when they make mistakes. _____% of the time

%0 10 20 30 40 50 60 70 80 90 100%

~ I embrace myself and others with love and compassion knowing the Universe/God/Source loves and supports me and is ALWAYS on my side.~

16. When I see others succeeding in areas where I would like to succeed, I generally:

1. Feel resentful of them and think ‘why not me?’ and secretly hope they’ll fail.
2. Find reasons to put them down, looking for their faults to make me feel better.
3. Feel confused as to why they are successful and I don’t seem to be.
4. Notice feelings of jealousy creep up, but take time to center, go within and look for an opportunity to heal and remember ‘who I am’.
5. Feel excitement and celebrate their success, knowing that if they can do it, so can I.

Indicate the percentage of time that this statement is true for you:

I celebrate the achievement of others and rejoice in their successes in life _____% of the time

%0 10 20 30 40 50 60 70 80 90 100%

I am able to join in the excitement and appreciation for others’ accomplishments knowing that I too will be experiencing success in life _____% of the time

%0 10 20 30 40 50 60 70 80 90 100%

~ I rejoice in the good that others experience knowing that the Universe is abundant and that their success is further evidence for me that I TOO can experience the same success in my life.~

17. When I feel hurt, I generally:

1. Lash out at others, wanting them to hurt as well.
2. Push my feelings inside, feeling hurt and not knowing what to do with it.
3. Feel confused with what I should do with the hurt and why it has appeared.
4. Take time to go within, center myself and look for opportunities to learn and heal and offer myself grace, compassion and love.
5. Easily release it as I know that everyone is always doing the best they can in every moment.

Indicate the percentage of time that this statement is true for you:

I am able to open up love, compassion and forgiveness for myself even when I feel hurt inside, knowing I am doing the best I can _____% of the time

%0 10 20 30 40 50 60 70 80 90 100%

I am able to open up love, compassion and forgiveness for OTHERS even when they make mistakes, knowing they are doing the best they can _____% of the time

%0 10 20 30 40 50 60 70 80 90 100%

~ I embrace myself with love and forgiveness, offering myself grace and compassion knowing the Universe/God/Source loves and supports me and is on my side.~

18. Which statement best describes how much sadness/grief/depression you are experiencing in your life?

1. I feel sadness and depression most of the time, feeling as though I've been cheated or robbed of happiness.
2. I have long periods of sadness, but do experience brief moments of peace and joy.
3. I feel sad around certain losses and perceived failures, but make an attempt to move through it and beyond it.
4. I feel sadness at appropriate moments in my life, but don't spend time playing there. I give it space and then return to resonating to love.
5. I feel mostly contentment and peace, embracing life and my humanness.

Indicate the percentage of time that this statement is true for you:

I am able to fully embrace my humanness, knowing that sadness is a natural emotion that arises in certain situations, seeking to remain in my heart connection, allowing myself to heal

_____ % of the time

%0 10 20 30 40 50 60 70 80 90 100%

I am able to fully support others through their sadness and grief, embracing THEIR humanness and giving them the space and time to move through it _____ % of the time

%0 10 20 30 40 50 60 70 80 90 100%

~ I embrace my humanness, allowing emotions to flow up where appropriate, while always maintaining my heart connection and caring for myself.~

“Take a DEEP Breath....

Remember that regardless of how your answers are showing up, you ARE a Divine Being of Love and Light. Trust me! I can see you for who you REALLY are and YOU'RE magnificent!”

~Mary

19. How easily and often do you resonate to love?

1. I keep trying but I don't know how to resonate to love, it seems hard to do.
2. I have felt myself resonating to love for small periods of time, but it's fleeting and I don't know how to reconnect.
3. I am able to resonate to love only in specific circumstances or when I am working with a healer or with a specific process.
4. I resonate to love daily, every morning and every evening and throughout the day, but sometimes my old thoughts and ways of being are triggered back up.
5. I resonate to love daily, every morning and every evening and throughout the day. I am experiencing more and more freedom within.

Indicate the percentage of time that this statement is true for you:

I am able to easily find my equilibrium and center point through my heart connection,

RESONATING to love and SHARING my love toward others _____% of the time

%0 10 20 30 40 50 60 70 80 90 100%

I am able to easily open myself up to RECEIVING love, compassion and forgiveness from

others _____% of the time

%0 10 20 30 40 50 60 70 80 90 100%

~ I spend time daily finding my equilibrium through my heart connection and resonating to love as I connect within to 'who I am' and sharing that love openly with the world.~

20. How easily do you forgive yourself?

1. I can't forgive myself. I feel a lot of guilt over things I've done, said or thought.
2. I know I should forgive myself, but I don't know how to when I've clearly made mistakes.
3. I have forgiven myself for some things but still have guilt over big things that I can't let go.
4. I don't feel a lot of guilt in my life, but I also don't make it a practice to let things go and forgive myself.
5. I continue to completely forgive myself for any perceived wrongdoings. I know that I have always been doing the best I can.

Indicate the percentage of time that this statement is true for you:

I am able to easily hold myself in a compassionate space, completely forgiving myself for things done in the past _____% of the time

%0 10 20 30 40 50 60 70 80 90 100%

I am able to easily hold OTHERS in a compassionate space, knowing they are always only doing the best they can in every moment _____% of the time

%0 10 20 30 40 50 60 70 80 90 100%

~ I offer myself love and compassion, opening a space to forgive myself, knowing I'm always doing the best I can... and that if I could have done better, I would have.~

21. How easily do you forgive others?

1. I can't forgive certain people or actions. I just don't know how to get over the things they've done.
2. I can clearly see that I should forgive others, but I don't know how I could when they have clearly done an injustice.
3. I have forgiven others for most things but don't know how to forgive actions that are very clearly injustices.
4. I don't feel a lot of resentment towards others, but I also don't make it a regular practice to open up a space of forgiveness.
5. I have completely forgiven others for any perceived wrongdoings. I know that they have always done the best they can in every moment.

Indicate the percentage of time that this statement is true for you:

I am able to easily hold others in a compassionate space, completely forgiving them for any perceived wrongdoing _____% of the time

%0 10 20 30 40 50 60 70 80 90 100%

I am able to open myself up to RECEIVING the compassion that others offer me, fully accepting their forgiveness _____% of the time

%0 10 20 30 40 50 60 70 80 90 100%

~ I open myself up to embracing others in a space of compassion and forgiveness, knowing we are all doing the best we can in every moment.~

22. How is your relationship with yourself – how do you support yourself?

1. I go through life feeling lost and isolated, not knowing how to care for myself. I don't feel worthy of support.
2. I never take time to care for myself. I'm too busy taking care of others and value that as most important.
3. I occasionally take time for myself, but don't schedule it in. I don't really have time for me and I don't make it a priority.
4. I take time to support and care for myself, doing things that make me happy, relaxed and peaceful, but don't consistently get to it.
5. I care for myself consciously throughout the day, knowing that it is the most important thing I can do to find contentment and happiness and is essential to be able to have energy to be able to care for others.

Indicate the percentage of time that this statement is true for you:

I fully support and care for myself, remaining always aware of my emotional, mental and physical state so I can tend to my needs in the moment they arise _____% of the time

%0 10 20 30 40 50 60 70 80 90 100%

I encourage others in their own self-care, even if their needs don't support mine (although not dishonouring my needs), knowing that's the highest way I can love and support them _ _____% of the time

%0 10 20 30 40 50 60 70 80 90 100%

~ I hold myself in a loving embrace in every hour and every moment of the day, tending to my needs as they arise so I can continuously heal.~

23. How do you describe your health?

1. My health is very poor and I have a confrontational relationship with my body, which appears to be broken.
2. My health is ok but I spend a lot of time thinking about what's wrong, and why my health isn't at its optimum.
3. My health is average and I don't really notice or think about it much.
4. My health is good. I am grateful for what is working well and don't spend much time thinking about what's not working.
5. My health is excellent. I see my body as a supportive partner and I am very grateful for my abundance of health. I easily heal through my self-care and heart connection.

Indicate the percentage of time that this statement is true for you:

I rejoice in the miracle that is my body. I experience my body as a partner guiding me, and I listen carefully to its important messages. _____% of the time

%0 10 20 30 40 50 60 70 80 90 100%

I appreciate my body even when it appears to be not well. I am grateful for its role in granting me life in 3-dimensional reality allowing the vehicle for experiencing, growing, and evolving, and playing _____% of the time.

%0 10 20 30 40 50 60 70 80 90 100%

~ I embrace and love my body exactly how it is and take time to listen to its needs and appreciate it for all it does for me.~

“I am so proud of you! It’s not always easy to do a self-examination, but it’s so valuable. And you are doing such a fantastic job. Keep answering the questions with the first response that comes to mind.”

~Mary

24. How do you view your regular health habits and level of caring for your ongoing health?

1. I don’t have time or the desire to eat healthy or exercise. It is too hard, takes too much time and is too expensive.
2. I intend to eat healthy and exercise, but don’t have much desire and often slip back into old habits.
3. I make a concerted effort to eat properly, and exercise sometimes.
4. It is easy to eat well, and I enjoy exercising and having an active life.
5. I am committed to and enjoy nourishing my body with great nutritional-rich and enlivening foods. I regularly maintain an active lifestyle doing exercises and activities I truly enjoy.

Indicate the percentage of time that this statement is true for you:

I live a life of focused care for my body and health; exercising through activities I have a passion for, and fuelling my energy with alive vibrant nutrition. _____% of the time

%0 10 20 30 40 50 60 70 80 90 100%

I love my life by loving and honouring my health through conscious attention to the needs of my body, tending to those needs daily. _____% of the time

%0 10 20 30 40 50 60 70 80 90 100%

~ I honour my body and know that taking care of myself is the most honourable thing to do because I’m present for myself and others.~

25. How is your relationship with others?

1. I always feel excluded, as though I'm invisible and alone, on the outside looking in.
2. I have friends and family, but there is a lot of drama, turmoil and conflict in my relationships.
3. I have great friends and family but yearn to be able to openly share myself and have them open up and connect with me.
4. I have great relationships in my life, with open communication, but still yearn for them to be at a deeper level and more connected.
5. My life is full of amazing friends and family with whom I have deep connections, profound partnerships and satisfying, fulfilling relationships.

Indicate the percentage of time that this statement is true for you:

I am able to take ownership for my part, easily share my feelings, and to communicate my needs without making others wrong for their feelings or behaviour _____% of the time

%0 10 20 30 40 50 60 70 80 90 100%

I am completely open and freely giving in all my relationships and am so grateful for the insights and awareness that our interactions bring forth _____% of the time

%0 10 20 30 40 50 60 70 80 90 100%

~ I fully embrace and rejoice in all of my relationships, openly sharing my feelings while honouring everyone with whom I interact.~

26. Which statement best describes how you view your connection to the Universe / the Divine / God? (please use the terminology that best supports your belief system, even if it isn't included here)

1. I know there is 'something' besides me out there, but have no idea what role it plays in my life or how to connect to it, or if I even need to.
2. I do believe in a Universal Force/God/Divinity, but feel a lack of connection and a lot of confusion over its presence in my life.
3. I believe in a Higher presence, and have moments of connection, but feel confused as to how to connect it into my life.
4. I regularly feel a connection to the Universe/Divine/God, but long to better understand how to consciously connect and co-create my life in partnership and with intention and passion.
5. I always feel a deep connection to the Universe/Divine/God, feeling support, strength and abundance all around and through me and am grateful for this divine connection and presence in my life.

Indicate the percentage of time that this statement is true for you:

I am able to FEEL and KNOW the Universe's/the Divine's/God's presence within and around me. I'm so grateful for this continuous support, love and guidance _____% of the time

%0 10 20 30 40 50 60 70 80 90 100%

I am able to fully support and respect others with their relationship to the Universe/Divine/God, even if their belief system is vastly different from my own _____% of the time

%0 10 20 30 40 50 60 70 80 90 100%

~ I rejoice in the Abundance of Universal/Divine support and love in my life, filling up with tears of gratitude as I see how blessed I am.~

27. What is your way of connecting to Source/Divine/God/the Universe? (choose all that apply... and add your own)

1. Prayer
2. Meditation
3. Time Alone
4. Spend time in nature
5. Journaling
6. Ho-opnopoно
7. Read Scripture / Sacred Texts
8. Read inspirational literature
9. Listen to music
10. Visit spiritual place of worship
11. Take deep connecting Breaths
12. Listen to meditations and heart centered guided audios
13. I resonate to love before I go to sleep and right after I awake
14. Participate in energy expanding workshops and seminars

Indicate the percentage of time that this statement is true for you:

I enjoy the time I dedicate to myself, my spiritual growth and the expansion of my consciousness, leading me to a deeper connection to the Divine. _____% of the time

%0 10 20 30 40 50 60 70 80 90 100%

I joyfully focus on my daily practice _____% of the time

%0 10 20 30 40 50 60 70 80 90 100%

~ I fully embrace the processes that most resonate for me to connect to the Universe/God/the Divine and I joyfully use them throughout my day.~

28. What is your level of commitment to a daily, nurturing, “spiritual” practice for deepening your inner connections?

1. I don't have a spiritual practice. I don't see the point.
2. I have had different practices throughout my life, but nothing that I feel very connected to.
3. I only seek an inner connection when things aren't going well. When I'm happy and life is easy, I don't tend to pay attention to my inner connection.
4. I don't really have a practice, but am generally happy and have healthy relationships.
5. I explore a variety of different practices and use what resonates for me in the moment.
6. I take time daily and in most moments to connect within, using a practice or several practices that I absolutely love.

Indicate the percentage of time that this statement is true for you:

I love myself so much that I can't wait to rediscover myself each day through practices that connect me, to me. _____% of the time

%0 10 20 30 40 50 60 70 80 90 100%

As I connect within I discover my abundance, joy and peace that I then bring into each day. _____% of the time

%0 10 20 30 40 50 60 70 80 90 100%

~ I honour my inner connection, knowing fully that it is the most important thing I could do for myself and those around me to be abundant , joyful and at peace.~

"I am SO grateful that you are joining me on this journey. YOU are what's right in this moment for ME."

~Mary

29. How much gratitude do you have in your life – taking notice of ‘what’s right in this moment’?

1. I don't have anything to be grateful for. Nothing is going right in my life.
2. I am grateful for some things in my life, but spend most of my time focused on what's wrong and what is not working.
3. I don't make a concerted effort to be grateful, but do feel happy when good things happen.
4. I am grateful for many things in my life, but still have moments of thinking about what is not working and what should be different.
5. I take every moment and situation in my life to look at what is 'right in the moment' even when life is challenging. I know it's my key to happiness and I'm truly grateful for all I have.

Indicate the percentage of time that this statement is true for you:

I rejoice in the abundant blessings that fill my life and I seek opportunities to express my gratitude as often as I can, even when things go awry _____% of the time

%0 10 20 30 40 50 60 70 80 90 100%

I am able to look for "What's Right" in each and every moment, knowing my life is full of Abundant blessings _____% of the time.

%0 10 20 30 40 50 60 70 80 90 100%

~ I am so full of gratitude for everything in my life and I look for "What's Right" in each and every moment.~

30. How much influence do you feel you have in the creation of your life?

1. I have no idea how I have created my life as it is. I feel as though my circumstances have happened 'to me', not that I've created them.
2. I am starting to believe in the principle that I am the co-creator of my life, however I have no idea how I created my current circumstances or how to consciously create the life I want.
3. I do believe that I am a co-creator in my life and am slowly learning how to consciously manifest my desires.
4. I have started to see the results of my conscious efforts through many areas and celebrate the evidence that is showing up in my life.
5. I fully experience my life as a co-creative dance with the Universe, manifesting everything I desire and celebrating the evidence with gratitude.

Indicate the percentage of time that this statement is true for you:

I feel my heart connection easily and can tap into fully embracing the co-creative dance with the Universe/God/Source _____% of the time

%0 10 20 30 40 50 60 70 80 90 100%

I am able to REJOICE with a deep sense of knowing, as I watch others in their co-creative dance with the Universe, celebrating that they are exactly where they need to be _____% of the time

%0 10 20 30 40 50 60 70 80 90 100%

~ I rejoice as I connect to the Universe/God/Source through my heart connection, joining in a co-creative dance to manifest my desires.~

31. When you think about sharing your gifts with the world, what comes up for you?

1. I have no idea what my gifts are or how I would share them with the world.
2. I have an idea of what my gifts might be, but am not sure what to do with them to be of service to others.
3. I don't really think about 'my gifts' I just do what makes me happy.
4. I am clear about 'who I am' and how I can be of service to others, but need guidance on how to best integrate this into my daily life.
5. I know with certainty that I am a gift to the world for just being 'who I am', and openly share my gifts through Divine Inspiration in each and every moment.

Indicate the percentage of time that this statement is true for you:

I fully embrace and acknowledge my gifts and proudly share them with the world, openly and freely. _____% of the time

%0 10 20 30 40 50 60 70 80 90 100%

I am able to clearly see that I am a gift to the world, just by being ME. I don't have to do, create or become something to make that so. _____% of the time.

%0 10 20 30 40 50 60 70 80 90 100%

~ I rejoice in who I am , knowing that as I stand in my truth, I am a gift to the world, by just "being" and I follow Divine Inspiration to know how to best share my gifts with the world.~

“The Questionnaire is COMPLETE! Know that you fill me up by simply being YOU and by accepting where you are at in this very moment. THANK YOU!!!”

~Mary