



## Lesson 1 – Homework

{Listen to corresponding bonus processing call}

### **Assess where you are at right now**

Write down how and where you are right now with your abundance. What is going on with you emotionally? What income are you making? What free things are coming your way? What new people and networking are in your life? What is your emotional state? What is not working. Where are you struggling in your life. What do you feel about yourself, what are the consistent negative thoughts? Write these things down truthfully and succinctly.

**PLUS** go to bed resonating with love, feeling it, and waking up resonating and feeling it again.

Below are some ideas to assess where you're at...

**"What is your baseline of Assets to Liabilities over the last month (Assets=good feelings and Liabilities=negative feelings)"**

- 1) Felt great 80% or more of the time
- 2) Felt great 50% of more of the time
- 3) Felt upset/stress/resistance 50% of more of more of the time
- 4) Felt upset/stress/resistance 80% of the time
- 5) Felt upset/stress/resistance 100% of the time

**"Do you have ongoing challenges that seem insurmountable?"**

- 1) Yes and they are completely overwhelming I sometimes feel like I might not make it.
- 2) Everyday challenges come up but I am able to cope with them.
- 3) Challenges arise each day but it is completely manageable and I even have fun some days.
- 4) I don't see them as challenges anymore, just opportunities to be more. I experience joy most days.

## "What level are you struggling at financially?"

- 1) I have no money coming in. - 37 votes (20.4%)
- 2) I have some money but living paycheck to paycheck. - 102 votes (56.4%)
- 3) I have consistent money coming in and savings but looking to change directions in my career and having some trepidations about that. - 48 votes (26.5%)
- 4) I am doing quite well and looking to take it to the next level of wealth and abundance - 25 votes (13.8%)

