

**LISA NICHOLS**

**AND JANET SWITZER**



**ABUNDANCE  
NOW**

**PERSONAL PROSPERITY QUIZ**

A BONUS RESOURCE TO THE BOOK *ABUNDANCE NOW* FROM DEY STREET BOOKS

## ARE YOU LIVING IN ABUNDANCE? TAKE THE PERSONAL PROSPERITY QUIZ.

If you and I were working privately on planning your abundant future, one of the first things I would ask you to do is assess your level of fulfillment and satisfaction in key areas of your life.

Have you ever *really* examined your life? Do you know what is required for you to be happy?

To help you look at each of these key areas, I've developed the Personal Prosperity Quiz you're reading now. It asks you to look at four areas: your spiritual life, your relationships, your career and finances, and finally, your health and wellness. And it steps you through determining how fulfilled you feel in these areas. Are you living in abundance? Is your cup running over? Or do you have work to do in order to achieve satisfaction in these areas?

Let's take a look.

### *Your Spiritual Life*

More than just religion, your spiritual life hinges on how connected you are to God, the Divine, Source Energy, the Universe, or the name you call your Higher Power.

Do your innermost desires become reality because of this connection? Is your soul joyful and confident about the role it's here to play? I believe the great overture of our lives is not only that our soul is here to grow in love and experience, but that we are also here to profoundly impact those who cross our path. Are you satisfied with the impact *you* are making?

Using the grading method below, judge for yourself whether your Spiritual Life is satisfying, fulfilling and abundant. (If you rate your Spiritual Life as adequate or scarce on most questions, realize that you have the ability to amplify this key area of your life using the strategies I provide later in the book, *Abundance Now*.)

	Abundant	Adequate	Scarce
My connection to God, Source Energy or Higher Power is...	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I take quiet time to restore my soul. The time available for this is...	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I release my worries to the Higher Power. My ability to do this is...	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I willingly surrender to my calling and, in doing so, I feel...	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I show my spirit to others through philanthropy, care or social change. My level of outreach to others is...	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I have places where I fellowship and connect spiritually, and my experience there is...	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I meditate regularly, and my available time to do this is...	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am obedient to my greatness and see my future as...	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My eagerness to profoundly impact those who cross my path is...	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My ability to let go and let God is...	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

When you're in that *state of being* where you hold onto nothing, where you surrender your smallest cares to the Universe to take care of and control, and where you understand the power of intention—living and celebrating this power to influence your future—you've achieved Spiritual Abundance. Not only will you achieve wholeness and oneness with your Creator in this state, but you'll also have the ability to effortlessly achieve a state of relaxation and relief about your future. You'll have the ability to close your eyes and be still, confident that you're living a life of influence far more than you're focused on your concerns.

Spiritual Abundance also gives you peace of mind and acceptance of the unknown. While you may have plans for your future, you don't have to know the "how" or the "when." You don't have to know the "where" or with whom. You simply need to know the "what" and—if you're spiritually abundant—these other factors will be determined by a force greater than yourself.

Being spiritually abundant also means having a sense of what you are here to do, understanding that you've been chosen to do something unique and spectacular. I believe that there is a Divine Assignment that only you can live out. Your life is (and will always be) predestined to bring out the best in others through your gifts and your presence. And it's *this* ability to surrender to the unknown, to lean on your unwavering faith, and to accept the "greatness of you" that's a hallmark of Spiritual Abundance.

Too many people float through life, never pondering why they're really here—or why their life has lined up so well that they're able to do something *no one else in the world* can do. When you achieve this understanding, you'll begin to take greater responsibility for your life and act with greater conviction. You'll stop chasing those things you *think you should have* or those experiences you *think you should accomplish* and develop the spiritual awareness to recognize there is a calling on your life.

While I believe I've discovered my calling, a better question to ask is, *What are you supposed to do with your gift?* As a servant leader, what is your service to others supposed to be? The idea that you should stop chasing and start answering this call is a huge distinction for

most people. It's incredibly empowering. In fact, your greatest power comes in your ultimate surrender to this pre-destined plan.

When I finally surrendered to my calling, my life began to expand in unimaginable ways. In fact, it became so expansive that, in many situations, it frightened me to the point I began to engage in self-sabotage. After a few bouts of this behavior, I began to learn to surrender—not just occasionally, but repeatedly—to my calling and to the greatness that had been pre-planned for me.

Once I did, my life became so full and abundant that, today, it's unrecognizable.

Now I ask God—every day—to remove my ego from the equation so the work that I am supposed to do can be done through me. The fact that my life has expanded so greatly is why I'm crystal clear that simply becoming an instrument of God's plan is the easiest, fastest and best way to abundance. Not only does this path benefit you, it creates the highest good for the greatest number of people.

Of course, true Spiritual Abundance requires you to be financially, physically and emotionally responsible, too. It cannot be pursued independent of the other three. Why? If you're suffering physically or are financially in lack or if your relationships are in discord, you cannot extend abundant spiritual love and service to others. Spiritual Abundance makes every other aspect of your life exist in a greater way. And while your Spiritual Abundance may not register as “success” on other people's Richter scale in the same way that financial abundance does, it adds a higher level of reward to other areas of your life. Being financially abundant but spiritually bankrupt is the greatest misery of our time.

One of my most admired friends and role models is a man who was spiritually abundant long before he achieved financial wealth. Aaron Garrity, the CEO of XanGo (the health products company), earned just \$250,000 annually, yet *four years later* his company was earning \$32 million a year—because of his willingness and intention to be spiritually aligned. By putting his spirituality first—then his family—magnificent abundance and financial wealth followed.

## ***Your Relationships***

The quality of your life is determined by the quality of your relationships—from your family and friends...to your colleagues and advisors...to the “community” of supporters who are enthusiastic about your success.

If you don't have the career contacts, family harmony, social circle and romantic relationship you want, read *Chapter Three of Abundance Now* where I talk about how to pursue, improve and expand on the relationships you need in order to live an abundant life.

For now, let's take a look at where you are today with the 10 closest relationships in your life. These are the 10 relationships—of any kind—that impact you the most (whether positively or negatively). They may be family or spouse, business relationships, friends or fellow church members, or your employees.

Rank them on a scale of 1-10 with “1” meaning you don't ever feel safe sharing your truth and your heart with that person. You live guarded in that person's space. You manage the turbulence as best you can. You love them, but you don't like the relationship as it is.

A “5” on the rating scale means you feel you can talk to them openly—but only sometimes. Things get pretty rocky on occasion, but you always work things out. These resolutions take time and (occasionally) distance, but eventually you can move forward together. In my life, I strive to limit my exposure to 1's and 5's so I can focus on building up and benefitting from the 9's and 10's in my sphere.

What's a “9” or “10” on the rating scale? These are your Rocket Booster relationships—those people with whom you feel absolutely safe to speak your truth. They cheer you on. You can reconcile misunderstandings and move forward easily. These people feed your soul.

Find a way to celebrate and acknowledge these Rocket Boosters within the next seven days. Send flowers or a fruit basket along with an acknowledgment card. Send a heartfelt letter. It's more personalized than an email, but you can send one of those, too, if it will get the job done faster. Give a public acknowledgement of them the next time you see them. Let them know about the exercise below and that they showed up as a Rocket Booster Relationship and what that means to you. It's important to know who these people are, since they will be both the ones with whom you share your dream and the people with whom you find refuge during life's storms.

Of course, not all relationships are that uplifting and supportive. The exercise that follows might disrupt you a bit—simply because those people who you think *should be* Rocket Boosters may not actually rank that way when you're completely honest with yourself. No matter how your ratings turn out, however, the results are nothing to be upset about. Why? Because all relationships can be elevated when you set your intention.

(Quiz continues below...)

Name	They feed my soul. With them, I'm excited, joyful. I feel safe and open.					Things get rocky, but we usually work them out.			It's turbulent, and I rarely feel safe sharing my heart.	
_____	10	9	8	7	6	5	4	3	2	1
_____	10	9	8	7	6	5	4	3	2	1
_____	10	9	8	7	6	5	4	3	2	1
_____	10	9	8	7	6	5	4	3	2	1
_____	10	9	8	7	6	5	4	3	2	1
_____	10	9	8	7	6	5	4	3	2	1
_____	10	9	8	7	6	5	4	3	2	1
_____	10	9	8	7	6	5	4	3	2	1
_____	10	9	8	7	6	5	4	3	2	1
_____	10	9	8	7	6	5	4	3	2	1

What did you learn about your 10 closest relationships? Is your life filled with Rocket Boosters or those who bring turbulence to your life? Do you feel safe sharing your life goals, or do your key relationships feel as though they are working against your dreams?

Of course, the single best away to immediately enhance your life experience and grow in abundance is to spend time investing in stronger communication skills that will help you interact with the most important people in your life—not just those who are making this journey with you, but also those who can give you the greatest leverage toward accomplishing your goals. Learn how to acknowledge and appreciate others. Learn what makes them happy and uplifted—then relate to them in that way. In my trainings, I find that some of my students experience the biggest breakthroughs in communication skills alone. They learn to set healthy boundaries, get comfortable asking for what they really need, and discover how to edify and acknowledge their loved ones.

In his book, *The 5 Love Languages: The Secret to Love That Lasts*, author Gary Chapman says that people respond differently to expressions of love and appreciation in different ways. Some only feel loved when you spend quality time with them. Others need affirming words. Still others need thoughtful gifts, human touch, or acts of service to feel acknowledged. We tend to show love in our own love language, then wonder why others don't always respond to these acts of kindness. Identifying and learning to speak the other person's love language, says Chapman, will not only help your relationships thrive, *but also show others how to love and support you.*

## *Your Career and Finances*

Whether you own a business—or whether your “business” is providing excellent service to an employer—your career and the financial benefits it brings are a major part of your Career and Financial Abundance.

How would you rank your career and finances today? What do you need to do to improve them?

I talk in *Chapter Five of Abundance Now* about creating abundant financial wealth, but right now—in this *Career and Finances* portion of the Personal Prosperity quiz—I’d like you to take a look at the stability and vitality of your career and finances right now. Do you have a steady source of income that can be expanded (either through growing your business, through a job promotion with corresponding raise in pay, or through an additional income stream that you’ve created)? Is there a future for you with this company or in this industry? Are you contributing greatly and being increasingly rewarded for your contribution?

One thing I like to do with my private clients and program participants is brainstorm new ways to serve the planet and create revenue doing what *only you* can do. If you don’t feel financially abundant yet, have you looked at ways you could contribute more and be compensated more substantially for that contribution? What value are you currently delivering and what could you deliver in future? For example, are you a great writer? Could you create a business out of writing for others?

By contrast, if you’ve already achieved financial wealth, have you done so while becoming poor in other areas of your life? As top achievers (and especially as entrepreneurs), we have to be very careful because “making money” is that area of our lives which can consume the most energy—and consume all of our time. Have you seen a tendency in yourself to delay the rest of your life (and what brings you joy) until you make significant progress in your finances?

While career and finances are rarely an either-or conversation, for the purposes of this quiz, I’m going to ask you state clearly whether you’re satisfied—or not. We’re talking here about how prosperous *you feel*. If you can’t answer affirmatively to any of the following questions, you’re probably feeling lack (or lack of preparation) in that area of your contribution and finances without saying so. Be honest with this quiz. In the next few chapters, I’ll guide you in becoming prosperous in ways that are measurable and lasting.

(Quiz continues below...)

	Yes	No
I do what I love on a daily basis or see my work (job) as an investor in a future that I love.	<input type="checkbox"/>	<input type="checkbox"/>
I'm satisfied with my level of contribution to my employer/customers/community.	<input type="checkbox"/>	<input type="checkbox"/>
I could earn more by contributing on a greater level. I see a future in this work.	<input type="checkbox"/>	<input type="checkbox"/>
The work I do generates the income required to pay my living expenses.	<input type="checkbox"/>	<input type="checkbox"/>
The work I do generates the financial rewards needed to live the life I want.	<input type="checkbox"/>	<input type="checkbox"/>
I am ready to become financially more prosperous.	<input type="checkbox"/>	<input type="checkbox"/>
I've created a wishlist of experiences and things that my prosperous life will include.	<input type="checkbox"/>	<input type="checkbox"/>
I have plans/mechanisms in place to handle a greater inflow of revenue or earnings.	<input type="checkbox"/>	<input type="checkbox"/>
I'm satisfied that I've set myself up for financial success, as defined solely by me.	<input type="checkbox"/>	<input type="checkbox"/>
I've thought about my financial legacy and how the world can benefit from my wealth.	<input type="checkbox"/>	<input type="checkbox"/>

It's important to remember that Career and Financial Abundance requires harmony in other areas of your life—spiritual life, relationships, and health—in order to operate in its full power. While many people believe they'll have the life they want just as soon as they bring in more money, realize that your quality of life will not be determined by finances alone, but rather as a combination of all four areas—spiritual, relationships, career and finances, and health and wellness.

## ***Your Health and Wellness***

What does it mean to have Health Abundance in our lives? It means we have the physical ability to fulfill our life's purpose. It means we have emotional well-being, endurance, mental acuity, low stress, and an absence of limiting or time-consuming health conditions. But it also means we can enjoy and celebrate our existence with no limitations (even if we are physically challenged). We celebrate opportunities to be physically active—allowing our intellect the time and space to rejuvenate and recharge.

When my executive manager Margaret Packer began working for me eight years ago, she regularly went boogie-boarding with her daughter Jade in the surf near Oceanside, California. Whenever we had a slow afternoon—when her work was complete and I knew things were handled—she would head to the beach, while I smiled and thought, *How cool is that?*

My heart would leap a little in my chest, knowing she was creating phenomenal memories. And now, eight years later, Jade is a teenager, but they still head to the beach with their boogie-boards to play in the surf together. It's part of their greater abundance.



How about you? Are you experiencing Health Abundance? Take the quiz and see.

	Yes	No
I have ample energy, vitality and physical ability to pursue amazing life experiences.	<input type="checkbox"/>	<input type="checkbox"/>
When health conditions arise, I am pro-active about solving them.	<input type="checkbox"/>	<input type="checkbox"/>
I have a current regimen to maintain my good health long into the future.	<input type="checkbox"/>	<input type="checkbox"/>
In my free time, I choose activities that engage both my body and my mind.	<input type="checkbox"/>	<input type="checkbox"/>
I participate in active pursuits with my children or family members.	<input type="checkbox"/>	<input type="checkbox"/>
I have the emotional resilience to handle life's daily stresses and challenges.	<input type="checkbox"/>	<input type="checkbox"/>
My quality of life is not limited in any physical way (even if I am physically challenged).	<input type="checkbox"/>	<input type="checkbox"/>
I involve myself in initiatives that keep my enthusiasm and mental well-being high.	<input type="checkbox"/>	<input type="checkbox"/>
I schedule time to recharge physically so I can fully live my life purpose.	<input type="checkbox"/>	<input type="checkbox"/>

Just like Margaret, Health Abundance means you have the physical ability to pursue amazing life experiences. If you love boogie-boarding, your body says “yes” to boogie-boarding. If you love salsa dancing, your body could move for hours. And if you love skiing, your body skis with grace and ease.

My thing is dancing—something I’ve loved since I was a child. When I was in my twenties, I’d go clubbing with my cousins and saunter onto to the dance floor the minute we hit our favorite nightspot. With my 1980’s man-blazer, oversized shoulder pads and cute little mini skirt, I wouldn’t wait for a guy to ask me to dance—nevertheless someone handsome always made his way over after seeing the fun I was having alone. I’d dance from 10:00pm until the last call—with my cousins bringing me water as I danced and danced until closing time. It was my therapy and still is today. At my live events, dancing is as important a part of the training experience as the curriculum I’m teaching or what’s served for lunch.

What’s the physical activity that you enjoy most?

Health Abundance is about your physical and emotional wellbeing. You maintain your body as a temple—a gift given to you so you can live out your life’s purpose with joy and enthusiasm. Your body should be able to give you the quality of life that you want. Your movement, endurance and flexibility supports your highest purpose and the vision that you have for your life.

## ***Ranking Your Personal Prosperity Is Just the Starting Point***

While assessing your current prosperity through these questions is important as a starting point, in order to experience *future abundance* you have to embrace your current life. If you love your life now, then you'll be open to attracting and creating the more expanded future life you want.

Don't wait until you hit a specific money marker, have started your dream career, or have found your soul mate. Live abundantly *now* on your way to living an even better life. Love greatly *today* on the way to loving more openly in the future. And pursue health and wellness with vigor so you'll be ready for life's great adventures.

With this pro-active mindset, you'll already be more abundant than you first thought. Turn back to the pages of *Abundance Now* and learn how to bring even more prosperity into your life.

## ABOUT LISA NICHOLS AND JANET SWITZER:

**Lisa Nichols** is one of the world's most-requested motivational speakers. She's a media personality and corporate CEO whose global platform has reached and served nearly 30 million people. From a struggling single mom on public assistance to a millionaire entrepreneur, Lisa's courage and determination have inspired fans worldwide and helped untold audiences break through to discover their own untapped talents and limitless potential.

As founder and Chief Executive Officer of Motivating the Masses, Inc.—one of the country's only publicly traded personal and business development training companies—Lisa has helped develop workshops and programs that have transformed the lives of men and women and altered the trajectory of businesses throughout the country and across the world.

Today, fans worldwide revere Lisa for her singular gift in teaching people how to master accomplishing unfathomable goals and to tap their limitless potential. Lisa has appeared on numerous television shows including *Oprah*, *The Today Show*, *The Steve Harvey Show*, and *Extra*—to name a few.

Additionally, Lisa's nonprofit foundation, Motivating the Teen Spirit, has touched the lives of 211,650 teens, prevented over 3,800 teen suicides, supported 2,500 high school dropouts in returning to school, and has helped thousands of teens reunite with their families.

Lisa lives, plays, and works in the greater San Diego, California area.

**Janet Switzer** began her professional career at age 19 as a campaign specialist for a member of the United States Congress, and by age 29 she had built an international publishing venture with over \$10 million in assets. Today, she's the revenue strategist of choice for many of the world's top celebrity entrepreneurs. Her high-profile clients have included Jack Canfield, originator of the *Chicken Soup for the Soul* book series; motivational speaker Les Brown; *Abundance Now* author Lisa Nichols; and tapping-therapy psychologist Dr. Roger Callahan, among many others.

She is the *New York Times* bestselling coauthor and marketing strategist behind *The Success Principles: How to Get from Where You Are to Where You Want to Be*—the #1 self-help classic written with Jack Canfield and published in 30 languages. Plus, she's the #1 bestselling author of *Instant Income: Strategies That Bring in the Cash for Small Businesses, Innovative Employees, and Occasional Entrepreneurs* from McGraw-Hill Publishers.

For over 25 years, Janet has also been at the forefront of helping business owners learn, grow, and profit. Her books, newsletters, and training courses are read by entrepreneurs in more than 80 countries, and she has traveled to nearly every continent speaking to business owners, sales professionals and industry association members.

A popular media personality seen by more than 75 million viewers, she has also been featured in the *Wall Street Journal*, *USA Today*, the *New York Times*, *Time Magazine*, *Entrepreneur Magazine* and countless other publications. For more information, visit [www.JanetSwitzer.com](http://www.JanetSwitzer.com).

## ABOUT THE BOOK *ABUNDANCE NOW*:

Available for purchase wherever books are sold. Free bonus gifts are included with your purchase and are downloadable only at the *Abundance Now* website: [www.AbundanceNowOnline.com](http://www.AbundanceNowOnline.com). These bonus gifts are not distributed by booksellers in stores or at websites.

## FOR MORE INFORMATION:

### Lisa Nichols

Motivating the Masses, Inc.  
2121 Palomar Airport Road, Suite 300  
Carlsbad, CA 92011 | Tele: (760) 931-9400  
[www.MotivatingTheMasses.com](http://www.MotivatingTheMasses.com)

### Janet Switzer

Success Resources International Inc.  
107 North Reino Road #415  
Newbury Park, CA 91320 | Tele: (805) 499-9400  
[www.JanetSwitzer.com](http://www.JanetSwitzer.com)

## ABOUT THIS DOCUMENT:

Copyright © 2015 by Lisa Nichols and Janet Switzer. All rights reserved. No part of this book may be used or reproduced in any manner whatsoever without written permission except in the case of brief quotations embodied in critical articles and reviews.

## DISCLAIMER AND LIMIT OF LIABILITY:

Although anyone may find the teachings, practices, disciplines, techniques, examples, and anecdotes in this book to be useful, the book is sold with the understanding that neither the authors nor Motivating the Masses, Inc. are engaged in presenting any specific financial, tax, career, legal, psychological, emotional, or health advice. Nor is anything in this book an analysis, recommendation, solution, diagnosis, prognosis, or cure for any specific career, financial, psychological, emotional, or health circumstance or problem. Every person has unique needs and circumstances and this book does not take those individual needs and circumstances into account. Any person experiencing financial or career concerns, or any anxiety, depression, stress, health, or relationship issues, should consult with a financial or tax advisor, career counselor, medical doctor, licensed psychologist, licensed therapist, or other appropriate qualified professional before commencing any new financial plan or transaction, career strategy, change in personal relationships, exercise program, or following any of the teachings, methods, and suggestions described in this book. This book is not a substitute for the reader enlisting qualified professionals to assist with the reader's specific circumstances, issues and problems.