

If you find a question that does not apply or are not sure what it is asking, just skip over it, there are enough questions to give you a sense of your vibration.

Section 1 Questions

	Low Vibration					High Vibration				
1) I often feel thankful and grateful for what I have	1	2	3	4	5	6	7	8	9	10
2) I acknowledge the abundance in my life	1	2	3	4	5	6	7	8	9	10
3) I have clear images of what I want my life to be like in all aspects (images that I regularly associate with and get excited about)	1	2	3	4	5	6	7	8	9	10
4) I give the little things like a smile, a compliment, a helping hand	1	2	3	4	5	6	7	8	9	10
5) My daily, monthly, and yearly priorities are setup based on what feels good	1	2	3	4	5	6	7	8	9	10
6) I do my best at everything I do, I put everything I got into it	1	2	3	4	5	6	7	8	9	10
7) I surround myself with positive people	1	2	3	4	5	6	7	8	9	10
8) I look for or find the good and the opportunities in any situation (no matter what)	1	2	3	4	5	6	7	8	9	10
9) The majority of my inputs feel good to me (leave me feeling positive) (music, conversation, audio, interactions, discussions, self talk, scenery)	1	2	3	4	5	6	7	8	9	10
10) I cause people to feel more positive	1	2	3	4	5	6	7	8	9	10

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| 11) I am generally positive in my responses to others | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 12) I see myself as worthy and deserving of the fun and good things in life | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 13) I consider the point of view of others, from their shoes | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 14) I take responsibility for my circumstances | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 15) I am happy for what others have and their successes | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 16) I feel empowered to change my life circumstances | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 17) I approach things from the point of view that anything is possible | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 18) I remain calm and focused when I have a perplexing or unwanted situation | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 19) I give the thing I want (respect, appreciation etc.) | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 20) I keep a positive frame of mind in a an otherwise not positive situation | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 21) I stop and think before reacting and choose a positive feeling response | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 22) The things I am thinking about most of the time are the things I want | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 23) I have fun, laughter and enjoyment most days | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 24) I feel good about my fitness and level of well being | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 25) I enjoy my career / business / education | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

26) I set limits / boundaries on the way I allow others to treat me and hold to them	1	2	3	4	5	6	7	8	9	10
27) I find solutions to things that I tolerate (versus put up with them) (examples are repairs to things, confronting issues, organizing areas)	1	2	3	4	5	6	7	8	9	10
28) I use empowering words (uplifting words)	1	2	3	4	5	6	7	8	9	10
29) I am satisfied with my level of financial freedom	1	2	3	4	5	6	7	8	9	10
30) People are happy to be in my company	1	2	3	4	5	6	7	8	9	10
31) I am satisfied with the way I feel about myself, I accept and am kind to myself	1	2	3	4	5	6	7	8	9	10
32) I feel good about my home	1	2	3	4	5	6	7	8	9	10
33) I feel good about my community	1	2	3	4	5	6	7	8	9	10
34) I feel good about the interaction with my kids (if applicable)	1	2	3	4	5	6	7	8	9	10
35) I feel good about the interaction with my (maternal) family members	1	2	3	4	5	6	7	8	9	10
36) I feel good about the relationship with my spouse (or significant other) (if applicable)	1	2	3	4	5	6	7	8	9	10
37) I would say that I am living my dream life or satisfied that I am on the way to it (this means satisfaction in all areas – career, relationships, health, etc)	1	2	3	4	5	6	7	8	9	10
38) I am understanding of what others may be feeling when their choices are unpleasant	1	2	3	4	5	6	7	8	9	10
39) I am completely satisfied with my overall health or that I am well on my way	1	2	3	4	5	6	7	8	9	10

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| 40) I am great at self care, at recognizing and taking care of my needs
(versus putting my self last or pleasing others) | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 41) I look forward to every day upon waking | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 42) I am independent and self sufficient | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 43) I am helpful | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 44) I am a continuous learner, I have an open mind and interested to know more,
to expand my knowledge of living a completely fulfilling life | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 45) My beliefs about myself and life are positive, they support what I want
(examples, beliefs about money, relationships, career, I am . . . etc) | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 46) I take time to reflect on where my life is and where I want it to go | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 47) I am at peace knowing that my life is going where I want it to go | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 48) If I continue to live the same way, on my current path, I will be satisfied with
my life in 5 years | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 49) If my life was a symphony, what is the ranking I would give the music | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 50) I challenge my beliefs, especially when I am dissatisfied with some result
in my life. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 51) I am satisfied with my ability to remain focused on what I want, and satisfied
that my life is always moving towards what I want. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 52) When I make a decision, I trust my intuition, my ability to attract the end result | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

regardless of circumstances. I trust things will work out for me.

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| 53) I make decisions easily and effortlessly concerning major areas of my life | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 54) I love my life, I have balance and am engaged and enthusiastic about the things I do | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 55) I am following my heart using my gifts and talents and making the contribution that feels good, helps others in a positive way | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 56) I am effective to attract what I desire into my life | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 57) I am at peace at the end of the day | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 58) I had great emotional support as a child growing up (felt good about me) | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 59) My life feels like it is in the right place | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 60) I know where I want my life to go | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 61) I build myself and others up | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

Section 2 Questions

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| 1) I find my mind constantly jumps around from one topic to another | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

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| 2) I get negatively engaged with the negative energy of a situation | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 3) I feel down about the past (what happened) or future (what I think is coming) | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 4) I feel that people or the world in general is responsible for what is unpleasant about my life. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 5) I blame others for what is happening to me | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 6) I get distracted into doing things, thinking about things that do not feel good | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 7) I talk about my troubles (past, present or future perceived) | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 8) I talk about the troubles of others | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 9) I talk about the troubles in the world | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 10) I use disempowering words (words that make me feel powerless) | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11) I watch the news every day, multiple times a day | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 12) I get upset with a change in my plans or an interruption in my day | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 13) I compare myself to others | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 14) I worry about paying bills | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 15) I regularly have arguments with people or with someone in particular | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 16) I feel things in my life are unfair or I get treated unfairly | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

17) I spend time thinking about what I don't have	1	2	3	4	5	6	7	8	9	10
18) Low value / junk food is a substantial part of what I eat	1	2	3	4	5	6	7	8	9	10
19) I react negatively when I disagree with others	1	2	3	4	5	6	7	8	9	10
20) I think negatively about others	1	2	3	4	5	6	7	8	9	10
21) I turn to substances (food, drugs) in times of stress or for comfort or as a habit or to be part of a group	1	2	3	4	5	6	7	8	9	10
22) I have addictive or obsessive behaviors	1	2	3	4	5	6	7	8	9	10
23) I procrastinate	1	2	3	4	5	6	7	8	9	10
24) What I don't want and don't like consumes the majority of my thinking	1	2	3	4	5	6	7	8	9	10
25) I allow myself to feel frustrated and annoyed by what goes on around me	1	2	3	4	5	6	7	8	9	10
26) I look for excuses and reasons as to why things won't work	1	2	3	4	5	6	7	8	9	10
27) Worry, fear and doubt consume much of my thinking	1	2	3	4	5	6	7	8	9	10
28) I let what goes on around me control my feelings (people, economics, news etc)	1	2	3	4	5	6	7	8	9	10
29) I feel guilty when I take time for me or when I make decisions in general (letting people down or not living up to the expectations that others have for me)	1	2	3	4	5	6	7	8	9	10
30) I have a fight or flight response	1	2	3	4	5	6	7	8	9	10

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| 31) I feel left out, like life is passing me by | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 32) I feel lost and lonely | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 33) I feel there is not enough to go around
(that I must get things before others get them) | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 34) I criticize myself (put down) | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 35) I criticize others (put down) | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 36) I find my life is a cycle of ups and downs | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 37) I often feel that I can't seem to make things happen or can't see how
they can happen | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 38) I wait for things to be perfect before going ahead with an idea | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 39) I take things personally | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 40) I judge others | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 41) When I want something I start thinking of reasons why I can't have it | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 42) I look for ways to defeat what otherwise looks like a good idea
or good information | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 43) I am a pessimist | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 44) I am closed to or afraid of considering new ways and possibilities; to believing
in new ideas | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

- 45) I hold myself back (fear, worry, doubt) from going after the things I want to experience 1 2 3 4 5 6 7 8 9 10
- 46) I struggle with decisions always wondering if I am making the right one 1 2 3 4 5 6 7 8 9 10
- 47) I often think about the things I want that I don't currently have 1 2 3 4 5 6 7 8 9 10
- 48) I feel like something is missing from my life 1 2 3 4 5 6 7 8 9 10
- 49) I seek to please others at my own expense 1 2 3 4 5 6 7 8 9 10
- 50) I put up with things I don't like 1 2 3 4 5 6 7 8 9 10