

Abundance Audit Self-Assessment

Directions

On a scale of 1 to 10 (10=very strong, 5=ok, 1=very weak), how would you assess yourself in the following areas for applying an appreciation for Abundance in your work/professional life and your personal life?

1. Establishing Rapport

1 2 3 4 5 6 7 8 9 10

2. Listening

1 2 3 4 5 6 7 8 9 10

3. Developing Self-Awareness

1 2 3 4 5 6 7 8 9 10

4. Demonstrating Empathy

1 2 3 4 5 6 7 8 9 10

5. Asking Questions/Inquiring

1 2 3 4 5 6 7 8 9 10

6. Enabling

1 2 3 4 5 6 7 8 9 10

7. Collaboratively Problem Solving

1 2 3 4 5 6 7 8 9 10

8. Providing and Receiving Feedback

1 2 3 4 5 6 7 8 9 10

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What are the 3-5 key obstacles in your life to building and exercising Abundance skills? (e.g. no time, haven't had good role models and/or training, leadership doesn't seem to value these skills, etc.)

- 1.
- 2.
- 3.
- 4.
- 5.

List 5 - 10 adjectives/phrases to describe Abundance in your professional and personal life.

Sample adjectives/phrases:

Plentiful; as much as one needs or desires; ample space; sufficient; enough; talent.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

What do you hope to gain by demonstrating appreciation for Abundance?

- Personally:

- Professionally:

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How effective do you believe you currently are in applying an Abundance mentality using the statements below?

Step 1.

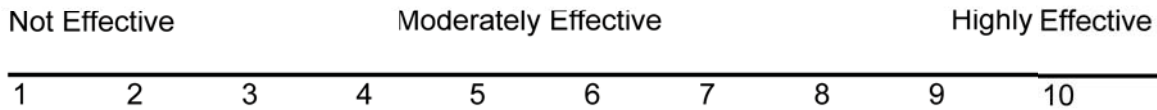
Go back to page one and look at the numbers chosen on the scale of 1-10 under each of the eight areas. Then on the scale below, circle each number that was selected on page one.
(For example: If 9 was chosen under Establishing Rapport then circle 9 on the scale below)

Step 2.

Next to each number circled on the scale below tally the number of times it was circled on page one.
(For example: 10x2 times, 9x2 times, 8x1 time, 7x3 times)

Now using the scale where 1 is not effective and 10 is highly effective, where do most of your "answers" appear? The more numbers you have on the 5-10 side the better.

Make an effort to focus more on abundance and see what happens. Review your answers again in 3-6 months.



Abundance Audit

Establishing Rapport	Creating a personal connection or common ground with someone to make it more comfortable to have a conversation.
Listening	Shifting to deeper levels of listening where attention is fully on the other person, and being conscious of the impact of that listening
Developing Self-Awareness	Understanding and articulating your own perspectives, reactions, and assumptions to better understand the "lenses" through which you view the world.
Demonstrating Empathy	Accepting and valuing another person's perspective and showing a genuine interest in understanding the other person.
Asking Questions/Inquiring	Using guiding questions to help someone think through an issue of making a decision. Allowing the person to solve the problem him/herself.
Enabling	Encouraging someone to fully use their gifts and talents in creative ways by being excited about their actions and progress and pointing to underlying shifts and growth.
Collaboratively Problem Solving	Finding value in someone's ideas and building on them to explore issues and jointly create solutions.
Providing and Receiving Feedback	Highlighting the impact of current behaviors and identifying new behaviors and actions that improve performance.