

CHRISTIAN MICKELSEN

Time Abundance Assessment

I worry about the future; getting things done and getting to the next level

0 1 2 3 4 5 6 7 8 9 10

I live in the present moment

I don't enjoy the activities I do, I just do them to get them done

0 1 2 3 4 5 6 7 8 9 10

I enjoy everything I do

I'm never satisfied with how much I accomplish

0 1 2 3 4 5 6 7 8 9 10

I'm very pleased with how much I accomplish

I feel overwhelmed and stressed

0 1 2 3 4 5 6 7 8 9 10

I feel peaceful and relaxed

I'm always in a hurry to get places

0 1 2 3 4 5 6 7 8 9 10

I get where I need to be and feel good about it

My mind is so cluttered with things I have to do that I don't even have time to think

0 1 2 3 4 5 6 7 8 9 10

My mind is free and clear for new ideas and opportunities

I feel there is never enough time in my life

0 1 2 3 4 5 6 7 8 9 10

I feel an abundance of time

Score each one from 0-10, then add them all up and divide by 7.