

Abundance on a Scale of 1-10

This exercise invites us not only to recognize the abundance in our lives, but also recalibrate it. Sometimes abundance is a blessing; other times, too much of it is suffocating. Same with scarcity. Much of the time, scarcity feels like a desert, but other times it is the key to freedom. With this in mind, look over the below list and rate how abundant or scarce each is in your life, on a scale of 1 (scarce) to 10 (abundant). Then make time to reflect on the results. What surprised you? What insight came from placing all the rankings side by side? What clearly needs recalibration?

1. Access to food
2. Freedom to make decisions about what you wear
3. Friends
4. Moments of beauty
5. Moments of micro-aggression
6. Freedom to make decisions about how you use your time
7. Exercise
8. Financial independence
9. Regret
10. A sense of purpose
11. Access to health care
12. Time to volunteer
13. Access to reliable shelter
14. Worry
15. Entertainment devices and activities
16. Novels read
17. Dinners where your loved ones sit and talk
18. Play
19. Passion
20. Respect of your peers
21. Envy
22. People to talk to when tough times come
23. Fond memories
24. Family obligations
25. Work/professional obligations
26. Time for meditation/prayer
27. Self-care
28. Self-love

On Abundance: Your Question

Don't treat these questions like "homework" or a list that needs to be covered in its entirety. Instead, simply pick the single question that speaks to you most and let it lead you where you need to go. The goal is to figure out what being a part of a people of abundance means for you and your daily living. So, which question is calling to you? Which one contains "your work"?

1. What would happen if you decided that abundance was lying around waiting for you to notice it, rather than something you earn or win?
2. What might it mean to allow yourself to be healed by the abundance all around you?
3. Do you love that which is plentiful or that which is scarce?
4. Is clinging to the pursuit of what you want cutting you off from noticing what you have?
5. So life's led you into a puddle. Are you still staring at your mud-covered feet? Or are you ready to look up and notice that the wide open sky never went away?
6. Are you a swamp or a stream? Do you collect and hoard abundance or let it flow through you?
7. Have you had enough of not feeling like you are enough?
8. Does time no longer feel abundant? Is that being forced on you? Or might you have a choice?
9. Are the best things in life really free? If so, how many will you pick up or lean into today?
10. Are you jealous of others' abundance? Have you ever considered the possibility that those very same folks are jealous of yours?
11. Who validates the abundance of who you are? Who has helped you present your whole self to the world? Have you thanked them lately?
12. Is it really true that you are right and they are wrong? Or could the truth be more abundant than that?
13. For many of us autumn is abundant with leaves blazing full of color. But if you blink, they are gone. What temporary blaze of abundance do you need to pay attention to before time runs out?
14. **What's your question?** Your question may not be listed above. As always, if the above questions don't include what life is asking from you, spend the month listening to your days to hear it.