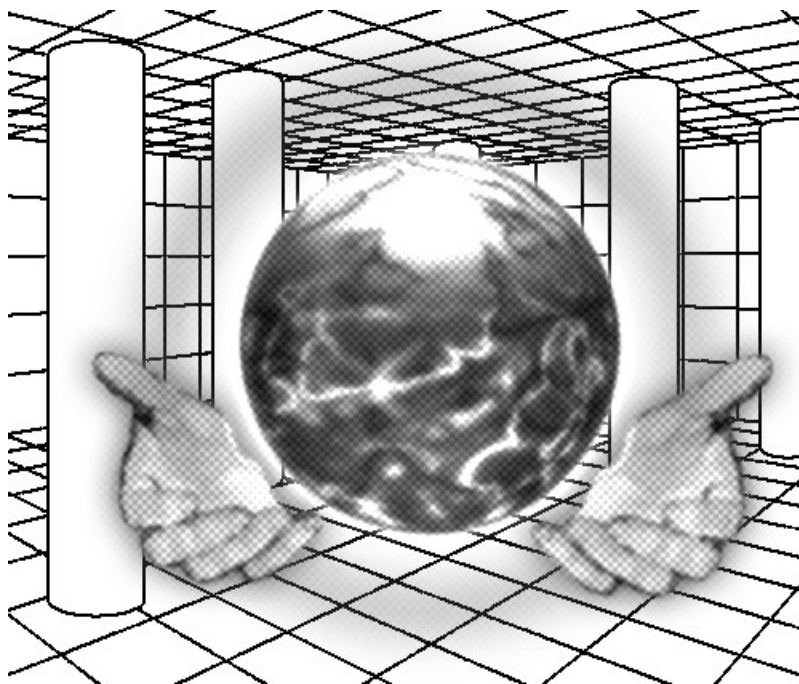


# Reality Creator I: The Physical Worksheet Pages

A Hermes Trismegistus Book



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## Chapter 1 / You Create Your World Worksheet Page

**Instructions:**

Answer the questions below by selecting only the answer that best describes your actions. Then record the point value for the letter you selected at the right. After answering the questions, tally up your answers by adding the point value for each answer and recording that number on the space provided. Then use the legend to determine how well you can control your consciousness in creating your reality. Remember to take this test again, after you've completed the "Hermes' Reality Creator I" course. Then compare the new score with the old one and see how well you have improved.



POINT VALUE: (a = 25 points) (b = 50 points) (c = 75 points) (d = 100 points)  
LEGEND: 500 points – you are a *Master Reality Creator*  
400 to 475 points – you are a *Reality Guru*  
200 to 375 points – you are a *Struggling Reality Adept*  
125 to 175 points – you are a *Master of Disaster*

1. When a crisis arises, do you: 1. \_\_\_\_  
a: imagine the worst outcome  
b: first imagine a negative outcome then think about better ones  
c: first imagine positive outcome but then think about negative ones  
d: imagine only the best outcome
  
2. When you are hungry and can't eat for sometime, do you: 2. \_\_\_\_  
a: think about food constantly, even imagining it  
b: think about food but don't imagine it  
c: fight to keep your mind on what you are doing and off the food  
d: realize that you need food then put it out of your mind for later
  
3. When listening to someone talk to you, does your mind: 3. \_\_\_\_  
a: think about other things while listening and not even know what has been said  
b: think about other things while listening but know what has been said  
c: occasionally drift off the conversation  
d: focus intently on the conversation
  
4. How would you rate your overall energy level? 4. \_\_\_\_  
a: I usually feel tired, lifeless, and without any drive most of the day  
b: I usually feel tired and lifeless after some moderate interaction with others  
c: I usually feel alive and alert, but after certain people or activities, I feel drained  
d: I usually feel alive and alert and powerful most of the day
  
5. When I'm in a group situation or interacting with others I feel that: 5. \_\_\_\_  
a: I have little willpower and usually do whatever anyone in the group asks or wants to do  
b: I have little willpower and usually do only what the majority wants to do  
c: I'm in control of myself and my actions except when I'm around certain people  
d: I'm in complete control of myself and my actions at all times, no matter who I am with

TOTAL POINTS. \_\_\_\_\_

## Chapter 2 / The Reality Mirror Worksheet Page

**Instructions:**

*On this sheet I want you to list many of the common things you find reflecting back at yourself during the week. It may take a day or two before you start finding a pattern. Then list this aspect of your reality and check off how you feel about that part of your reality. Then check off the ones you would like to change in your reality mirror and decide which one or ones you will try to change first and, then, work on changing that aspect. In two weeks, see if this aspect of your reality has changed by once again going through your reality and picking out what you find and see. You may be surprised to find out that by changing one aspect you also have changed another. Many times one aspect will affect another. I've included some common areas as a startup for you.*

~~~~~

**Date:**

| ASPECT                                                                 | LIKE | DISLIKE | NEITHER | CHANGE? |
|------------------------------------------------------------------------|------|---------|---------|---------|
| I find in my reality mirror that people are friendly/unfriendly to me. |      |         |         |         |
| I find in my reality mirror that people are always sad/happy.          |      |         |         |         |
| I find in my reality mirror that life is easy/hard.                    |      |         |         |         |
|                                                                        |      |         |         |         |
|                                                                        |      |         |         |         |
|                                                                        |      |         |         |         |
|                                                                        |      |         |         |         |
|                                                                        |      |         |         |         |
|                                                                        |      |         |         |         |
|                                                                        |      |         |         |         |

## Chapter 3 / Probabilities Worksheet Page

**Instructions:**

*For this exercise you will need one six sided die. In the morning and at 4 other times during the day, throw the die down 6 times and record below what numbers you get. At the end of the day compare the gatherings of numbers and note the patterns of numbers that come out. Now to make this real interesting try this exercise for a week at exactly the same times every day, in the same spot, surrounded by similar people or events. If done correctly you will find that at various times of the day certain numbers tend to come out (or not) more often than at other times of the day. These variations are due to the fact that you share a group reality and at those times your probability is stacked in that direction.*

~~~~~

**Date, week of:**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 <sup>st</sup> time	_____ _____	_____ _____	_____ _____	_____ _____	_____ _____	_____ _____	_____ _____
2 <sup>nd</sup> time	_____ _____	_____ _____	_____ _____	_____ _____	_____ _____	_____ _____	_____ _____
3 <sup>rd</sup> time	_____ _____	_____ _____	_____ _____	_____ _____	_____ _____	_____ _____	_____ _____
4 <sup>th</sup> time	_____ _____	_____ _____	_____ _____	_____ _____	_____ _____	_____ _____	_____ _____
5 <sup>th</sup> time	_____ _____	_____ _____	_____ _____	_____ _____	_____ _____	_____ _____	_____ _____

## Chapter 4 / Thinking Smartly and Thinking Globally Worksheet Page

**Instructions:**

*Spend the next several days examining the contents of your mind. Here's a way you can do that. Set an alarm watch or clock to go off periodically during the course of your day – four times a day will be sufficient. When the alarm sounds, take a moment and stop to examine what you are thinking about. Jot down this thought. Now continue on with your day. Do this record keeping for four days. At the end of the fourth day, take out your list and look at what you have written. Examine the thoughts you have listed. Mark off whether they adhere to the proper guidelines of thinking smartly or globally. If not, try to transform that line of thinking into one that is more responsible. (NS = not sure)*

~~~~~

|               | NO  | YES | NS  |
|---------------|-----|-----|-----|
| <b>DAY 1.</b> |     |     |     |
| Hour 1: _____ | ___ | ___ | ___ |
| Hour 2: _____ | ___ | ___ | ___ |
| Hour 3: _____ | ___ | ___ | ___ |
| Hour 4: _____ | ___ | ___ | ___ |
| <b>DAY 2.</b> |     |     |     |
| Hour 1: _____ | ___ | ___ | ___ |
| Hour 2: _____ | ___ | ___ | ___ |
| Hour 3: _____ | ___ | ___ | ___ |
| Hour 4: _____ | ___ | ___ | ___ |
| <b>DAY 3.</b> |     |     |     |
| Hour 1: _____ | ___ | ___ | ___ |
| Hour 2: _____ | ___ | ___ | ___ |
| Hour 3: _____ | ___ | ___ | ___ |
| Hour 4: _____ | ___ | ___ | ___ |
| <b>DAY 4.</b> |     |     |     |
| Hour 1: _____ | ___ | ___ | ___ |
| Hour 2: _____ | ___ | ___ | ___ |
| Hour 3: _____ | ___ | ___ | ___ |
| Hour 4: _____ | ___ | ___ | ___ |

## Chapter 5 / The Creation Mechanism Mechanics Worksheet Page

**Instructions:**

*Look into your recent past and pick something out of it where you manifested something you wanted. Then write it in the top box. Then underneath this top row of boxes list the things that had to happen before that event manifested. Then do the same for the next row. Keep doing this until you get to the very beginnings of your creation, back to the time when it was just a thought. Now write your original thought in the bottom box. Now study the page and think about how some of these occurrences may have seemed like random chance and how these people or things all came together to manifest what you wanted. If you do this correctly you will get an idea for how the Creation Mechanism operates and literally pulls things together to manifest your desires.*

~~~~~  
(see sample worksheet that follows)

MANIFESTED EVENT

--	--	--	--	--	--

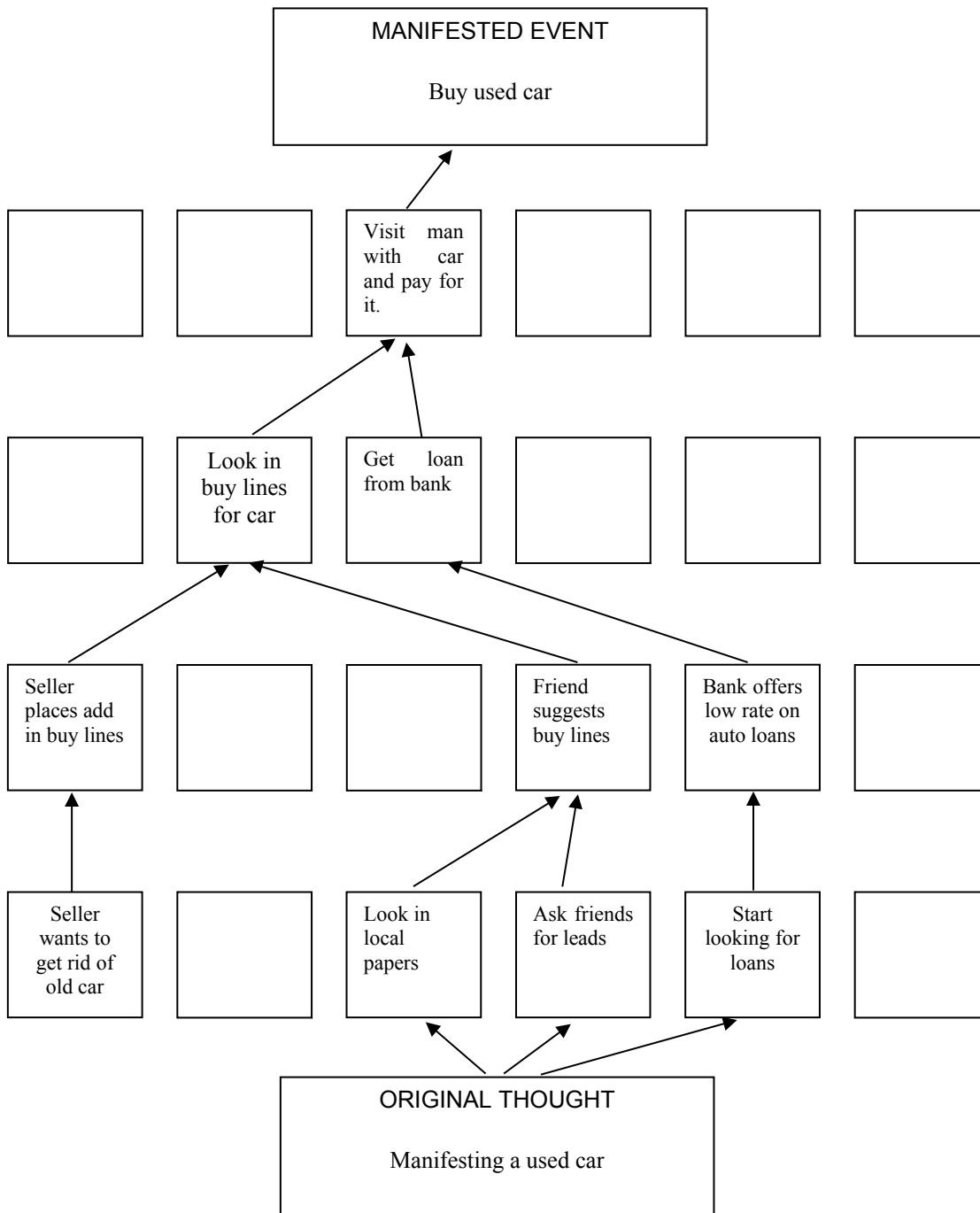
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--	--	--	--	--	--

--	--	--	--	--	--

ORIGINAL THOUGHT

### The Creation Mechanism Mechanics Sample Worksheet



## Chapter 6 / Your Veto Power Worksheet Page

**Instructions:**

*Write below several things that you have wanted to manifest but just have not manifested. Then try to figure out where you are invoking your veto power to stop them. If you have little desire or ambition to see this thing manifest, then it never becomes a mental-wave strong enough to reach a vortex (check off box #1). If you are vetoing the desire in the mental-wave state, you will be sending out mental-waves that counter that desire just after you think about it (check off box #2). If you are invoking your veto power on an energy-pulse, you will be getting a check-in thought at some point, usually when you are doing something else or not thinking about the manifestation, and then sending out a some kind of thought to cancel the event (check off box #3). Then pick one or more of these and try to make the desire move to the next stage, it is stuck in, by not invoking that kind of stop. Eventually, try to move this desire to the final stage, which is manifestation (check off box #4).*



NAME OF DESIRED MANIFESTATION	mental-wave too weak	mental-wave veto	energy-pulse veto	manifested
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



## Chapter 7 / Fear & the Floating Gloomy Worksheet Page

**Instructions:**

*You are an investigator on a hunt to track and uncover the Floating Gloomy. Use your powers of deduction to find this elusive blob in your energy field. To help you in this search, read and follow the directions. Then once you discover this phantom woe-is-me generator, send that gloomy thought to the scrap pile. Use the bottom of the sheet to document the Floating Gloomy appearance by marking an X in the box on each day and time that the manifesting of this gloomy shows up. In time, as you annihilate this Gloomy from your life, you will see increasingly less X's in the track-chart.*

**Step 1: Uncovering the Floating Gloomy**

- a. Do you think or speak the same negative phrase or thought more than 3 times an hour?
- b. Does it seem like there is some aspect of your life that displeases you and you are unable to control it?
- c. Are questions one and two's answers related to the same thing? If so, you have found a Floating Gloomy.

**Step 2: Annihilation of the Floating Gloomy**

- a. Every time you repeat that gloomy phrase or thought, follow it up with an opposite and more positive version.
- b. Then 10 minutes later, follow up with another positive phrase.

**Step 3: Removal of the Floating Gloomy Energy-Pulse**

- a. Every time you see the effect of this Floating Gloomy manifesting in your reality, close your eyes and imagine how your life would be without this phantom affecting you.

**Floating Gloomy Track-Chart**

Name of Floating Gloomy \_\_\_\_\_  
Date Begun \_\_\_\_\_

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5 AM							
6 AM							
7 AM							
8 AM							
9 AM							
10 AM							
11 AM							
12 PM							
1 PM							
2 PM							
3 PM							
4 PM							
5 PM							
6 PM							
7 PM							
8 PM							
9 PM							
10 PM							
11 PM							
12 AM							
1 AM							
2 AM							
3 AM							
4 AM							



## Chapter 9 / The Now-Point Worksheet Page

**Instructions:**

*You are going to make two telephone calls, ten minutes each. In the first call you are going to listen intently, placing both your Now-Point and your Point-of-Power on the conversation. After ten minutes hang up. Now jot down as many facts that you can remember about your telephone discussion. Use the space provided on the worksheet for your notes. Now make a second call. However, on this telephone call, I want you to do a crossword puzzle or anything else that will take your attention, during the call. The idea is to separate your Now-Point and your Point-of-Power. After ten minutes hang up. Now, using the second space provided on the worksheet, jot down as many facts that you remember from this conversation. The next step is to compare the notes from each telephone session. Which conversation did you retain more memory and clarity from?*



### Telephone Conversation 1: *Now-Point & Point-of-Power* in focus

Notes

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_
- 6. \_\_\_\_\_
- 7. \_\_\_\_\_

### Telephone Conversation 2: *Now-Point & Point-of-Power* out of focus

Notes

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_
- 6. \_\_\_\_\_
- 7. \_\_\_\_\_

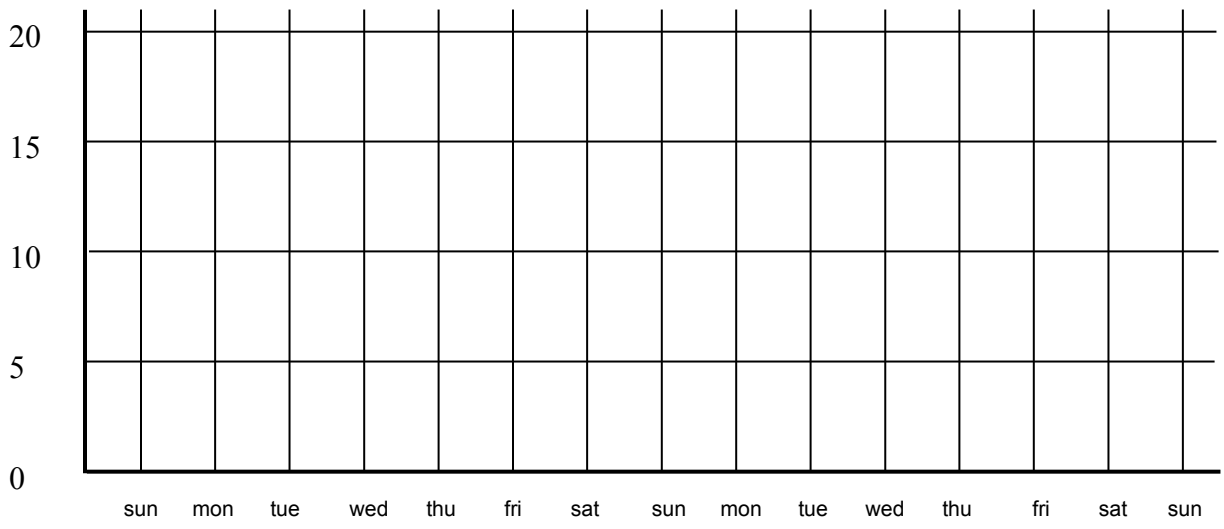
## Chapter 10 / Momentum Worksheet Page

**Instructions:**

Answer the following questions about your reality. Then determine if you like or dislike and are adding, subtracting, or keeping the momentum the same (null) on those aspects. List any other areas you may feel are important in your life. Then pick one of these areas that you want to change. Think about how you would create its opposite using the Creation Technique and begin to implement these changes. Plot your results on the two-dimensional chart provided. On each day plot the number of times you think each aspect (the positive and the negative) confronted you that day. If you do this right you will find the negative momentum decreasing and the positive one increasing. Look on the following page for an example chart and check list.

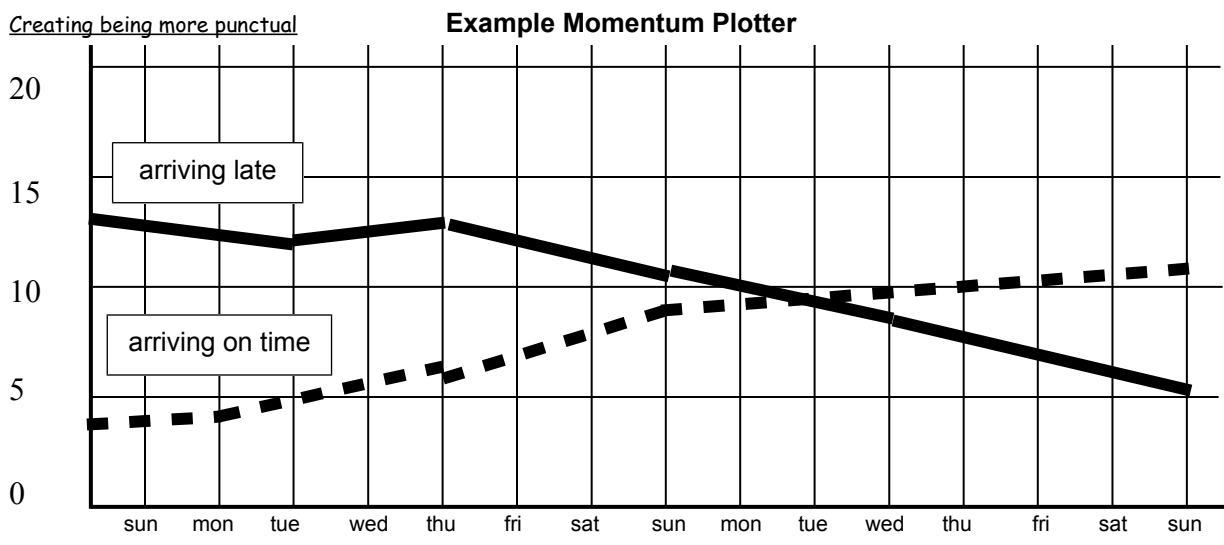
ASPECT	LIKE	DISLIKE	-----MOMENTUM-----		
			ADDING	SUBTRACTING	NULL
Career	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Romance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Friends	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Money	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Momentum Plotter**



On this example worksheet this person does not like being continually late for meetings and dates. So he has chosen to work on creating being more punctual in his life. The chart at the bottom shows his progress. Of course there are other areas he could work on (like romance), but he has chosen to work on his punctuality first.

ASPECT	LIKE	DISLIKE	-----MOMENTUM-----		
			ADDING	SUBTRACTING	NULL
Career	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Romance	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Friends	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Money	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input checked="" type="checkbox"/> Always tardy	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



## Chapter 11 / Needs Verses Wants Worksheet Page

**Instructions:**

*I want you to pick something that you recently manifested. It does not have to be from using the Creation Technique. List all your needs connected with this thing. Then pick another item from your wanted mental closet, one that you have NOT been able to manifest. List all the needs connected with this want. Now compare the two lists. It should be obvious why you were able to manifest the one item and not the other.*



**Manifested Want:** \_\_\_\_\_

Needs

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_



**Unmanifested Want:** \_\_\_\_\_

Needs

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_

## Chapter 12 / Conflicting Beliefs Worksheet Page

**Instructions:**

*Pick one or two people and ask them to help you identify phrases that you use often in your everyday speech pattern. Like the example phrase "I am a good person." When you discover one of these phrases, write it down and then along side write all the things that you believe about that phrase. Try to find at least three of these often-used phrases and work on the hidden-beliefs contained within them. Look for where any conflict could arise, especially any conflict between each of these phrases and their hidden meanings. It helps to have another person assist you to discover these phrases, as others are often more aware of your repetitious speech patterns than you are. However, you can do this exercise on your own too*

Phrase	Meanings
#1	
#2	
#3	





## Chapter 15 / Thinking in Symbols Worksheet Page

**Instructions:**

*Below are some common words that are part of everyday speech and thinking. In the box along side of the word, sketch in a picture or a symbol that you think could replace that word in your thinking process. Then try to use those new symbols instead of the words in your daily thinking. Your drawings do not have to be perfect; even stick figures will do. This worksheet will help you to think about how to begin the word-to-symbol substitution process. This worksheet can be fun with a friend or group. Afterward, each of you can compare symbols.*

~~~~~

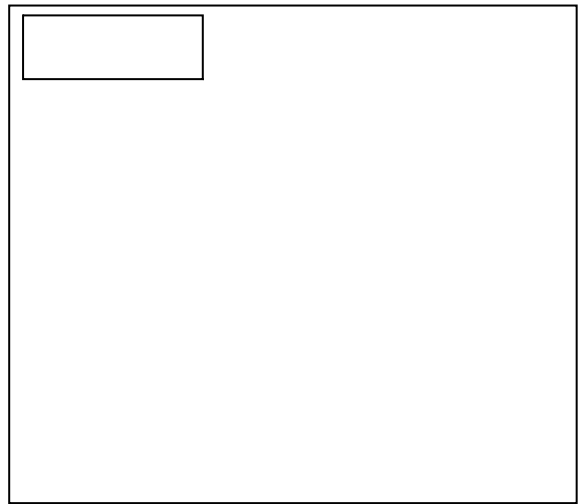
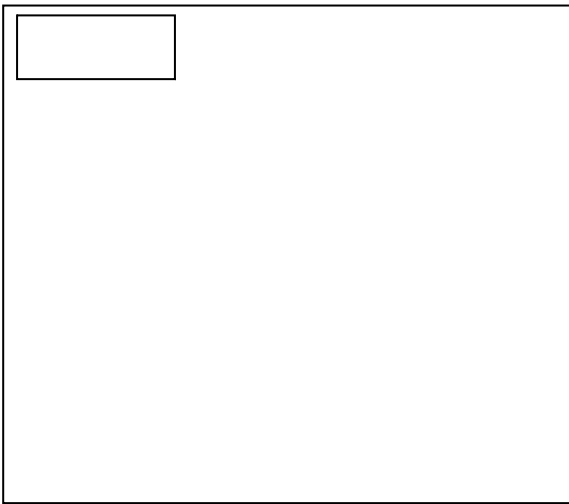
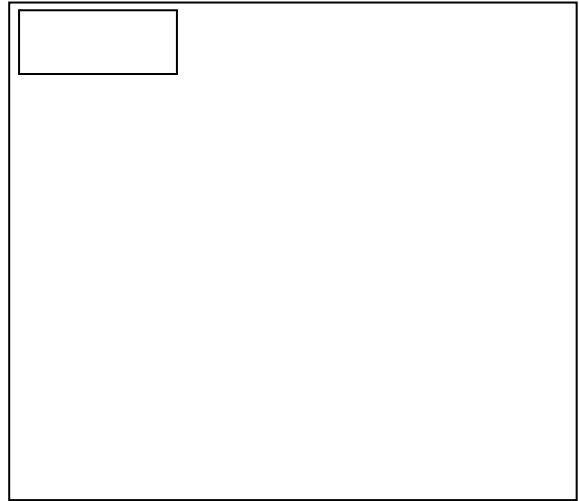
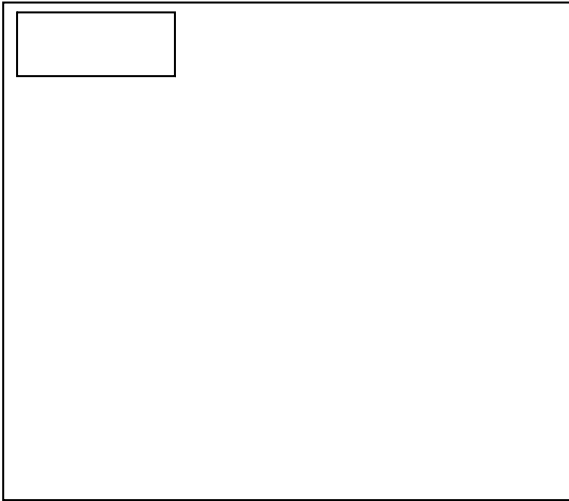
|              |  |
|--------------|--|
| <b>Happy</b> |  |
|--------------|--|

|             |  |
|-------------|--|
| <b>Safe</b> |  |
|-------------|--|

|             |  |
|-------------|--|
| <b>Love</b> |  |
|-------------|--|

|               |  |
|---------------|--|
| <b>Hungry</b> |  |
|---------------|--|

**Use this page for your own words!**



## Chapter 17 / Proper Power Management! You are Energy Worksheet Page

**Instructions:**

*Record the typical tasks that you do during a typical day. Record the average amount of time that you spend on that task in the "Time" column. Then as you go about your day, try to determine how much energy you expend for each task in a percentage form and record that figure in the "percent" column. Try to get your percentages add up to 100%.*

~~~~~

Name of Task	Amount of Time Consumed (in hours, minutes)	Amount of Energy Consumed (in %)
<b>Totals #___ tasks</b>	<b>___ hours</b>	<b>100%</b>

## Chapter 18 / Proper Power Management! Power Exchanging Worksheet Page

**Instructions:**

*Record the names of the people you come in contact with on each day, for seven days. Don't forget telephone conversations. You only need to list a person once per day. Then average out the number of people you contact on each day. You can get the average by counting up the number of people you came across each day, adding those numbers together and dividing by seven. Now add this figure to your Task list from the previous chapter's worksheet (you can use the task list on the back of this page), and try to figure out how much of your daily energy you devote to this part of your day.*



PERSON LIST	#	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
	1							
	2							
	3							
	4							
	5							
	6							
	7							
	8							
	9							
	10							
	11							
	12							
	13							
	14							
	15							
	16							
	17							
	18							
	19							
	20							
	21							
	22							
	23							
	24							
	25							
	26							
<b>TOTALS</b>								
<b>Average =</b>								

### New Task List with Power Expenditures for Personal Encounters

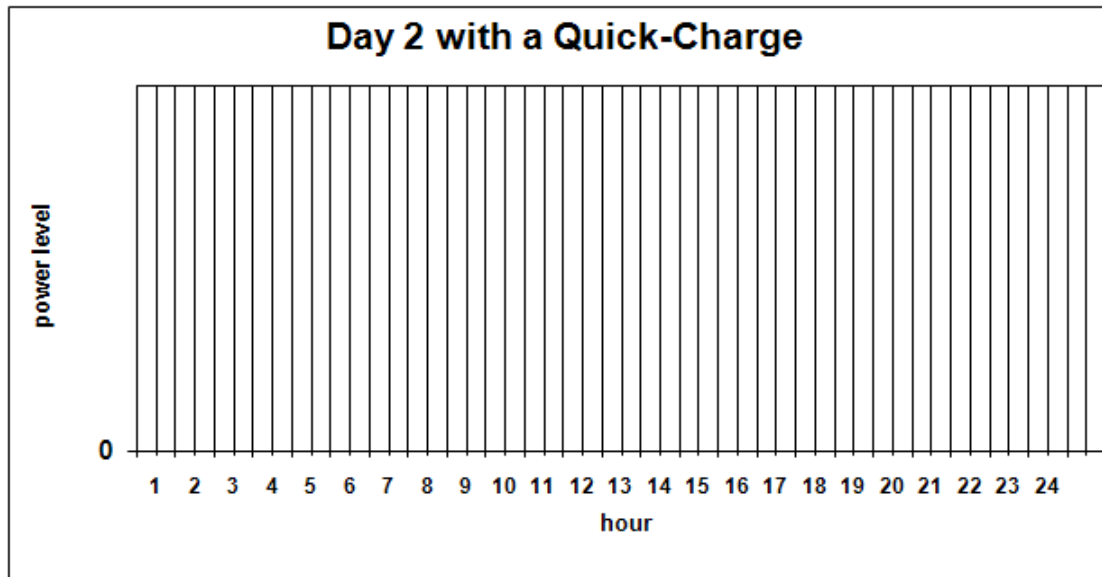
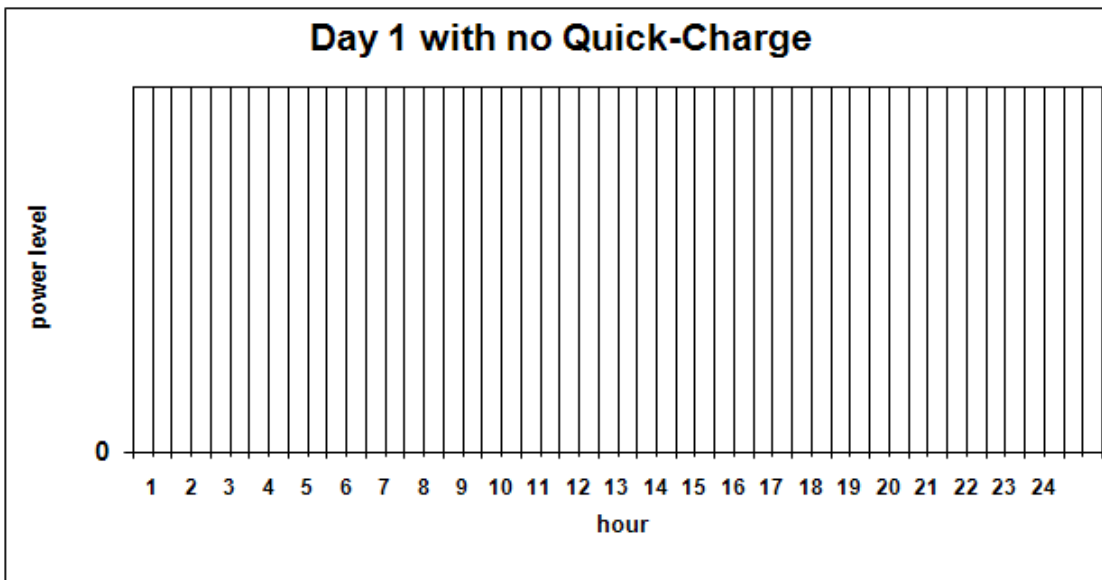
Name of Task	Amount of Time Consumed (in hours, minutes)	Amount of Energy Consumed (in %)
<b>People I meet during the course of the day.</b>		
<b>Totals # ___ tasks</b>	<b>___ hours</b>	<b>100%</b>

## Chapter 19 / Proper Power Management The Quick Charge Worksheet Page

**Instructions:**

On the first chart, every hour mark off how energetic you feel. A value of “80 to 100” could be considered as full of energy, “50” for neither being tired or energetic, below 40 as mildly tired, and 20 or below for very tired. Then at the end of the day, connect the dots with a line. The peaks and valleys on this chart show how your power fluctuates on a typical day. On the next chart begin the process again. However, this time, when you see your power dropping to below “40”, do a quick-charge and put a little “QC” next to that mark. Now chart out the rest of your day. At the end of that second day, connect the dots as you did for the first chart. Do you see any difference? What you should find is that on the day you did the quick-charge, the rest of the day had more stability energetically (the graph has less peaks and valleys) than the day without the quick charge.

~~~~~









## Chapter 23 / Silence Worksheet Page

**Instructions:**

*Pick three simple things to manifest, each one of about equal weight. Then use the space below to record the progress of three manifestations. On the first manifestation, be silent about what you are manifesting. See how many days it takes to manifest. On the second one, talk about what you want to manifest with someone, letting them know what you would like to see occur. On the third manifestation, be silent about what you want to manifest until you are sure that it has been absorbed by an energy vortex. Then talk as much as you can about what you want to manifest and record the results. If done correctly, you should see some interesting results with how the manifestation process will or will not succeed in each case. You can work on all three manifestations at once or separately, depending on your reality creating expertise.*



| Item to Manifest | Days to Manifest<br>(mark an X on each day till it manifests)                                                                                                                                                                                                                                                                                                                                                                                      | Manifestation Conditions | Personal Notes |    |    |    |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |                                                                                                                                                  |  |
|------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------|----------------|----|----|----|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|--------------------------------------------------------------------------------------------------------------------------------------------------|--|
|                  | <table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr> </table> | 1                        | 2              | 3  | 4  | 5  | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | Using complete silence with the manifestation process.                                                                                           |  |
| 1                | 2                                                                                                                                                                                                                                                                                                                                                                                                                                                  | 3                        | 4              | 5  | 6  | 7  |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |                                                                                                                                                  |  |
| 8                | 9                                                                                                                                                                                                                                                                                                                                                                                                                                                  | 10                       | 11             | 12 | 13 | 14 |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |                                                                                                                                                  |  |
| 15               | 16                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 17                       | 18             | 19 | 20 | 21 |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |                                                                                                                                                  |  |
| 22               | 23                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 24                       | 25             | 26 | 27 | 28 |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |                                                                                                                                                  |  |
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| 1                | 2                                                                                                                                                                                                                                                                                                                                                                                                                                                  | 3                        | 4              | 5  | 6  | 7  |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |                                                                                                                                                  |  |
| 8                | 9                                                                                                                                                                                                                                                                                                                                                                                                                                                  | 10                       | 11             | 12 | 13 | 14 |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |                                                                                                                                                  |  |
| 15               | 16                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 17                       | 18             | 19 | 20 | 21 |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |                                                                                                                                                  |  |
| 22               | 23                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 24                       | 25             | 26 | 27 | 28 |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |                                                                                                                                                  |  |
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| 1                | 2                                                                                                                                                                                                                                                                                                                                                                                                                                                  | 3                        | 4              | 5  | 6  | 7  |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |                                                                                                                                                  |  |
| 8                | 9                                                                                                                                                                                                                                                                                                                                                                                                                                                  | 10                       | 11             | 12 | 13 | 14 |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |                                                                                                                                                  |  |
| 15               | 16                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 17                       | 18             | 19 | 20 | 21 |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |                                                                                                                                                  |  |
| 22               | 23                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 24                       | 25             | 26 | 27 | 28 |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |                                                                                                                                                  |  |

## Chapter 25 / You Energy & Spirit Worksheet Page

**Instructions:**

Answer the questions below by selecting only the answer that best describes your actions. Then record the point value for the letter you selected at the right. After answering the questions, tally up your answers by adding the point value for each answer and recording that number on the space provided. Then use the legend to determine how well you can control your consciousness in creating your reality. Now compare your score here with how you fared in the test in Chapter 1 and see how well you have improved.

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POINT VALUE:       (a = 25 points) (b = 50 points) (c = 75 points) (d = 100 points)  
LEGEND:            500 points                   – you are a *Master Reality Creator*  
                      400 to 475 points       – you are a *Reality Guru*  
                      200 to 375 points     – you are a *Struggling Reality Adept*  
                      125 to 175 points   – you are a *Master of Disaster*

- 1. When a crisis arises, do you: 1. \_\_\_\_
  - a: imagine the worst outcome
  - b: first imagine a negative outcome then think about better ones
  - c: first imagine positive outcome but then think about negative ones
  - d: imagine only the best outcome
  
- 2. When you are hungry and can't eat for sometime, do you: 2. \_\_\_\_
  - a: think about food constantly, even imagining it
  - b: think about food but don't imagine it
  - c: fight to keep your mind on what you are doing and off the food
  - d: realize that you need food then put it out of your mind for later
  
- 3. When listening to someone talk to you, does your mind: 3. \_\_\_\_
  - a: think about other things while listening and not even know what has been said
  - b: think about other things while listening but know what has been said
  - c: occasionally drift off the conversation
  - d: focus intently on the conversation
  
- 4. How would you rate your overall energy level? 4. \_\_\_\_
  - a: I usually feel tired, lifeless, and without any drive most of the day
  - b: I usually feel tired and lifeless after some moderate interaction with others
  - c: I usually feel alive and alert, but after certain people or activities, I feel drained
  - d: I usually feel alive and alert and powerful most of the day
  
- 5. When I'm in a group situation or interacting with others I feel that: 5. \_\_\_\_
  - a: I have little willpower and usually do whatever anyone in the group asks or wants to do
  - b: I have little willpower and usually do only what the majority wants to do
  - c: I'm in control of myself and my actions except when I'm around certain people
  - d: I'm in complete control of myself and my actions at all times, no matter who I am with

TOTAL POINTS. \_\_\_\_\_

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Reality Creator “Q&A Volume I”

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