



ED LESTER'S

Energetic Vibrational SCORECARD

From the Creator of



The **Abundance Index**

WELCOME TO YOUR ENERGETIC VIBRATIONAL SCORECARD!

Hi, I'm **Ed Lester**. I've been passionate about the world of personal development and abundance since my own breakthrough experience when I was just 15 years old.

That experience ignited my life-long journey to understand and harness the power of personal growth, abundance, and human potential.

For many years, I worked professionally as a **hypnotherapist and life coach**, helping individuals transform their lives and achieve their most profound goals. My passion has always been to assist people in creating abundant, meaningful lives and developing businesses and ideas that make a positive impact in the world.

Over 10 years ago, I created a tool called **The Abundance Index**, which has now been used by nearly a million people to gain clarity, experience breakthroughs, and embrace life-changing transformations.

The **Energetic Vibrational Scorecard** you are about to explore is an evolution of that work. It's designed to help you tune into the energies you're holding in different areas of your life and guide you toward shifting into higher, more resourceful vibrations.



HOW TO USE THIS SCORECARD

This scorecard contains **12 Affirmation Sets**, each focused on a key aspect of your well-being, success, and personal growth.

Each set includes two types of affirmations:

Option A

Open (Resourceful) affirmations, which represent positive, empowering energies.

Option B

Blocked (Unresourceful) affirmations, which reflect limiting, closed energies.

For each of the 12 sets, you'll be able to assess where you spend most of your time. Use the following scoring system:

- **1 point:** I mostly spend my time in the unresourceful affirmation space (Option A)
- **2 points:** I feel neutral—somewhere between the two states
- **3 points:** I mostly spend my time in the resourceful affirmation space (Option B)

At the end of each set, there is a **check box** where you can record your choice (plus a space to keep tally of your running **score**). This will help you see where you are on the energetic scale and give you clarity on which areas of your life you might want to focus on improving.



IMPORTANT NOTES

- **You must be 100% honest.** If you are feeling like you are in the unresourceful affirmational energy, for any or even all of the 12 affirmation sets, don't hesitate to choose option A and score yourself 1 point



- **Everything about this score card is positive!** It's all about getting crystal clear on where your energy tuning is right now and then using proven techniques and tools along with **your unique strengths, gifts and power** to retune and get into a higher vibration



- For coaches, therapists and other impact creators, **this tool will be priceless** for helping clients **focus on the right areas for breakthroughs.**

YOUR ENERGETIC VIBRATIONAL SCORE

Once you have completed the scorecard, you'll be able to tally up your total out of a potential score of 36.

Again, don't worry if it's a low score, you will **soon be on a positive trajectory towards your future success and abundance.**

36

Your current life, everything you see around you right now, the things you experience on a daily basis... these things are all a direct manifestation of where your energetic power is in these 12 sets.

The goal is to get your score up to at least 30 or above as soon as possible, so you can **start growing and enjoying the abundant life and successful business of your dreams.**



Also, once you've finished the scorecard and have captured your current score, you will be able to **watch a free, short training video** that will **give you massive breakthroughs and introduce you to the true subconscious language of abundance.** Be sure to watch the video, it's a critical next step if you want to transform your life and your future quickly



#1 SAFE, GROUNDED, AND SECURE

A. I am grounded, stable, and secure in all areas of my life.

Leading
Energies

Security	Peace & calm
True healing	Lighthearted & fun
Physical safety	Courage & Stability
Trust in life	Connected

B. I feel unsafe, ungrounded, and disconnected from the world around me.

Leading
Energies

Fear	Disconnection
Past Trauma	Distrust
Anxiety	Survival mode
Feeling Insecure	Serious/Heavy

YOUR SCORE FOR "SAFE, GROUNDED, AND SECURE"

I mostly spend my time in the resourceful affirmation space.

3 points

I feel neutral, somewhere between the two states.

2 points

I mostly spend my time in the unresourceful affirmation space.

1 point

running total

#2

WORTHY, DESERVING & VALUABLE

A. I am worthy of success, abundance, and all the good things life has to offer. I know I bring great value to the world, and I love to generously share my gifts and knowledge with others.

Leading Energies

Self-worth & respect
Deservingness
Confidence in receiving
Gratitude

Openness to abundance
Self-love
Generosity
Leadership
Self-forgiveness

B. I don't feel deserving of success or abundance and struggle to accept good things. I struggle to share my gifts and help others because I'm still doubting my own value and abilities.

Leading Energies

Low self-worth
Unworthiness
Guilt
Resistance to receiving
Self-sabotage

Insecurity & Doubt
Hesitation to give
Lack of self-forgiveness
Internalizing other people's judgments

YOUR SCORE FOR "WORTHY, DESERVING & VALUABLE"

I mostly spend my time in the resourceful affirmation space.

3 points

I feel neutral, somewhere between the two states.

2 points

I mostly spend my time in the unresourceful affirmation space.

1 point

running total

#3 CONFIDENT AND STRONG SELF-BELIEF

A. I believe in my ability to achieve greatness, I stand confidently in my power, I have everything I need to succeed, and I trust myself fully.

Leading Energies

Confidence
Faith in oneself
Courage to act

Personal power
("I can do it!")
Self-Worth

Determination
Inner strength
Motivation & flow
Positive self-image

B. I doubt myself and feel powerless to take action. I often suspect I'm not capable of achieving my goals and lack the confidence to move forward.

Leading Energies

Self-doubt
Powerlessness
("I can't do it!")
Low self-esteem

Fear of failure
Procrastination
Hesitation

Dependence on others
Defeatism
Need permission
("Tell me what to do")

YOUR SCORE FOR "CONFIDENT AND STRONG SELF-BELIEF"

I mostly spend my time in the resourceful affirmation space.

3 points

I feel neutral, somewhere between the two states.

2 points

I mostly spend my time in the unresourceful affirmation space.

1 point

running total

#4 HEALTH & VITALITY

A. I feel vibrant, healthy, and full of energy. I care for my body & mind and they support me with vitality and strength.

Leading Energies

Vitality & Energy	Health-conscious	Joy in movement
Feeling Youthful	Whole Life Balance	Feeling excited &
(Age is Irrelevant)	Fitness & Wellness	fully alive every
Physical strength	Physical resilience	morning

B. I often feel tired, weak, or unwell. I struggle to maintain my health, and my energy levels are low.

Leading Energies

Fatigue & Lack of energy	Low motivation to exercise
Weakness & stagnation	Stress-induced lethargy
Neglecting self-care	Feeling "Old"
Poor physical health	Out of Balance
Addictions	

YOUR SCORE FOR "HEALTH & VITALITY"

I mostly spend my time in the resourceful affirmation space.

3 points

I feel neutral, somewhere between the two states.

2 points

I mostly spend my time in the unresourceful affirmation space.

1 point

running total

#5

MANIFESTING ABUNDANCE

A. I am a powerful creator, and I effortlessly manifest abundance in all areas of my life.

Leading Energies

Creative power	Receiving with ease
Alignment with abundance	Empowerment
Trust in the process	Inspired action
Positive expectations	Hopefulness

B. I feel like I can't attract what I want, and no matter what I do, abundance seems out of reach. I'm always struggling.

Leading Energies

Lack of belief	Hopelessness	Doubt in abilities
Scarcity mindset	Blocked creativity	Struggle
Frustration	Limitation	Jealous or envious

YOUR SCORE FOR "MANIFESTING ABUNDANCE"

I mostly spend my time in the resourceful affirmation space.

3 points

I feel neutral, somewhere between the two states.

2 points

I mostly spend my time in the unresourceful affirmation space.

1 point

running total

#6 GRATITUDE & GROWTH

A. Every challenge is an opportunity for me to grow, learn, and evolve. I am truly grateful for everything in my life. Even the negative things I have let go of, contained lessons for growth.

Leading Energies	Openness to growth	Persistence & Resilience	Optimism
	Adaptability	Gratitude & Acceptance	Intentionality
	Curiosity	Willingness to learn	Surrender & Letting Go

B. I feel stuck, unable to improve, and fear failure or making mistakes. I feel I'm missing something and I can't feel unconditionally grateful until I have what I want.

Leading Energies	Lack of gratitude (Discontent)	Procrastination
	Resistance to change	Self-doubt & Frustration
	Fear of failure	Self-pity
	Closed-mindedness	Scattered attention (focusing on too many irrelevant things)
		Impatience and rushing

YOUR SCORE FOR "MANIFESTING ABUNDANCE"

I mostly spend my time in the resourceful affirmation space.

3 points

I feel neutral, somewhere between the two states.

2 points

I mostly spend my time in the unresourceful affirmation space.

1 point

running total

#7 CREATIVE AND EMOTIONALLY BALANCED

A. I embrace my creativity and flow with life's emotions with ease. My daily activities fill me with joy.

Leading Energies

Creativity

Emotional balance

Pleasure

Joy

Excitement

Flexibility & fun

Healthy expression of emotions

B. I am disconnected from my emotions and creativity. My days contain too many unfulfilling activities.

Leading Energies

Emotional suppression

Creative blocks

Guilt & Shame

Rigidity

Disconnection from pleasure

Stuck in negative limiting patterns

Repeating mistakes & bad choices

YOUR SCORE FOR "CREATIVE AND EMOTIONALLY BALANCED"

I mostly spend my time in the resourceful affirmation space.

3 points

I feel neutral, somewhere between the two states.

2 points

I mostly spend my time in the unresourceful affirmation space.

1 point

running total

8

AUTHENTIC AND EXPRESSIVE

A. I speak my truth clearly and confidently, expressing myself authentically. I shine my true light to the world.

Leading Energies

Clarity
Truth & Integrity
Confidence in communication
Self-expression
Authenticity

Honesty
Listening and being heard
Celebrating unique gifts, strengths and power
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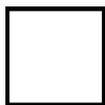
B. I struggle to express myself and fear speaking my truth. I tend to dim my light so the world doesn't see the real me.

Leading Energies

Fear of judgment & rejection
Mistrust in communication
Conforming & Hiding
Suppression of thoughts
Lack of boundaries

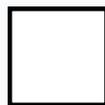
Feeling misunderstood
Self-censorship
Comparing self to others
Trying to fit in
Feeling shy

YOUR SCORE FOR "AUTHENTIC AND EXPRESSIVE"



I mostly spend my time in the resourceful affirmation space.

3 points



I feel neutral, somewhere between the two states.

2 points



I mostly spend my time in the unresourceful affirmation space.

1 point

running total

#9

LOVING AND CONNECTED

A. I give and receive love freely, and I am deeply connected to myself and others.

Leading Energies

Love & Compassion
Empathy
Connection
Forgiveness
Passionate

Trust & Openness
“Knowing” your soulmate is already here or on the way
Friendship & Support
Great communication

B. I am disconnected from my emotions and creativity. My days contain too many unfulfilling activities.

Leading Energies

Loneliness
Isolation
Fear of intimacy
Distrust
Critical & harsh

Grudges
Emotional walls
“Needing” a soulmate
Lack of friendship & support
Co-dependent

YOUR SCORE FOR "LOVING AND CONNECTED"

I mostly spend my time in the resourceful affirmation space.

3 points

I feel neutral, somewhere between the two states.

2 points

I mostly spend my time in the unresourceful affirmation space.

1 point

running total

#10 CLARITY & VISION

A. I see life with clarity and wisdom. I know exactly where I'm heading and my next steps.

Leading
Energies

Intuition
Clarity
Inner and outer wisdom
Insight & Vision

Perception
Trust in self
Focus on the right things
Time freedom (inner calm)

B. I doubt my intuition. I don't know my true purpose and path. I feel confused and lost.

Leading
Energies

Confusion & Lack of clarity
Self-doubt
Indecisiveness
Feeling lost
Overthinking

Lack of true purpose & direction
Focused on the wrong things
Wasting time (or not enough time)

YOUR SCORE FOR "CLARITY AND VISION"

I mostly spend my time in the resourceful affirmation space.

3 points

I feel neutral, somewhere between the two states.

2 points

I mostly spend my time in the unresourceful affirmation space.

1 point

running total

11

FINANCIAL ABUNDANCE

A. I always attract all the money I need. It flows to me effortlessly from many sources. I am comfortable with financial freedom, and I deserve it.

Leading
Energies

Openness to wealth

Prosperity mindset

Flow of abundance

Trust in financial security

Generosity

Freedom mindset

Creativity in generating income

Rewarding work

Freedom to do anything and

travel anywhere

B. Money is hard to come by, and I'll never have enough. I feel like financial abundance is out of reach. I'm always struggling.

Leading
Energies

Scarcity mindset

Fear of lack

Limiting beliefs around
money

Frustration with finances

Anxiety, debt & stress

Restriction

Struggle

Hesitance in receiving

YOUR SCORE FOR "FINANCIAL ABUNDANCE"

I mostly spend my time
in the resourceful
affirmation space.

3 points

I feel neutral,
somewhere between the
two states.

2 points

I mostly spend my time
in the unresourceful
affirmation space.

1 point

running total

#12

FAITH AND SPIRITUAL CONNECTION

A. I am deeply connected to the universe and open to divine guidance and support. I am aligned with universal power, higher consciousness, and truth.

Leading Energies	Enlightenment	Higher awareness	Higher consciousness
	Evolved	Alignment with purpose	Feeling whole & complete
	Inner peace	Faith in a greater plan	“Everything will be OK”
	Trust in the universe		

B. I feel disconnected from my spiritual self and isolated from the world.

Leading Energies	Disconnection	Restlessness
	Isolation	Lack of faith
	Lack of purpose	Feeling incomplete or “not enough”
	Spiritual doubt	
	Fear of the unknown	

YOUR SCORE FOR "FAITH AND SPIRITUAL CONNECTION"

I mostly spend my time in the resourceful affirmation space.

I feel neutral, somewhere between the two states.

I mostly spend my time in the unresourceful affirmation space.

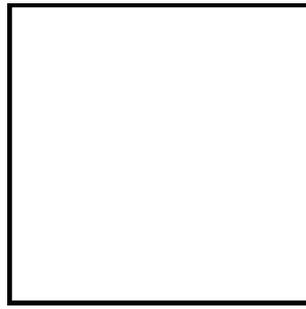
3 points

2 points

1 point

running total

YOUR SCORE:



TOTAL SCORE OUT OF 36

CONGRATULATIONS!

You now have an **Energetic Vibrational Score**.

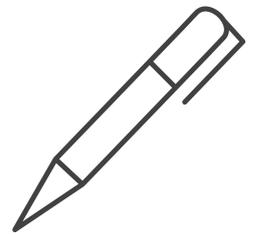
The goal is to now move that score to 30 and above so that you can dramatically change your results and experiences (and manifest the life you desire).

Don't forget, the next step is to **watch my free training video**, which will give you 10 rapid breakthroughs to get you started (you can make notes on your takeaways from each of the 10 tips, on the next pages).

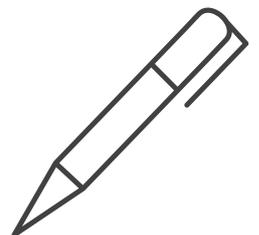
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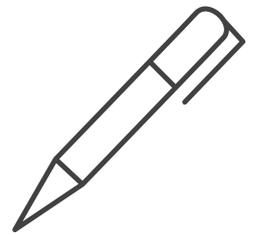
STRATEGIC NLP TIP #1



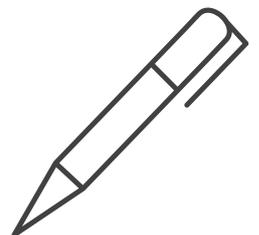
STRATEGIC NLP TIP #2



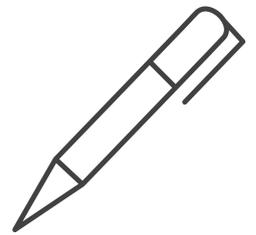
STRATEGIC NLP TIP #3



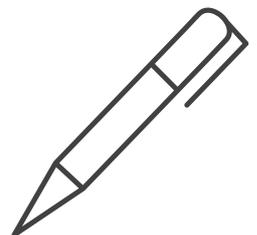
STRATEGIC NLP TIP #4



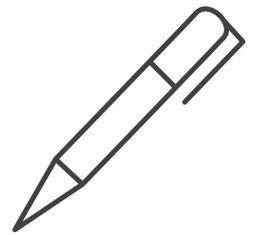
STRATEGIC NLP TIP #5



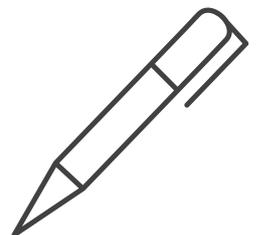
STRATEGIC NLP TIP #6



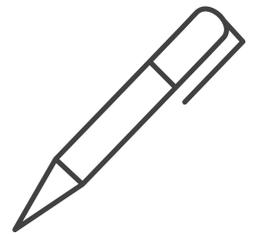
STRATEGIC NLP TIP #7



STRATEGIC NLP TIP #8



STRATEGIC NLP TIP #9



STRATEGIC NLP TIP #10

