

MODULE 1 – THE OVERWHELMING FORCE METHOD TO HANDLING SETBACKS – QUIZ

1. Does keeping your list of goals short and to the point make it easier to persevere?
 - A. Yes

B. No

2. What is an example of a typical roadblock to achieving a goal?

A. No time to enjoy the simple things in life

B. A lack of confidence

C. The freezer died, and all the ice cream melted

D. A list of goals

3. Rather than hiding from your obstacles, what should you do instead?

A. Give up. Life is too short to struggle.

B. Wait it out. Obstacles often evaporate on their own

C. Lower your expectations

D. Avoid negative thinking

4. Which strategy can help you stop negative thoughts?

A. Get angry

B. Eat something delicious and fattening

- C. Say, "Stop it" to yourself and mean it
 - D. Call your mom and blame her for your troubled childhood
5. Being afraid of something is a good reason to avoid it.
- A. True
 - B. False
6. If your life is in turmoil, which is likely the cause?
- A. A lack of income
 - B. A lack of emotional support
 - C. Poor decision-making in the past
 - D. A poor attitude
7. Which is a true statement about direct solutions?
- A. Direct solutions are efficient, but emotionally challenging.
 - B. Direct solutions are too simple to be effective.
 - C. Direct solutions never involve other people.

- D. Direct solutions only require the resources you already have on hand.

8. Which activity can help you weather challenging times?

- A. Reflecting on the past
- B. Believing in your ability to survive the challenge
- C. Taking immediate action
- D. All the above

9. Which is true of failure?

- A. Failure is a demonstration of your value to the world
- B. Failure is a learning opportunity
- C. Both A & B
- D. Neither is true

10. Only a few, select people are creative.

- A. True
- B. False

ANSWER KEY

1. A

2. B

3. D

4. C

5. B

6. C

7. A

8. D

9. B

10. B