

MODULE 2 - THE MENTAL MOTIVATION TRICK - QUIZ

1. What is one way to motivate yourself to get through any task?
 - A. Determine your starting point.
 - B. Find a purpose for the task that inspires you.
 - C. Decide that you'll do it later.
 - D. Make yourself miserable over your past failures.
2. What's so important about motivation?

- A. Motivation gets you excited about your journey.
 - B. Motivation compels you to take action.
 - C. Motivation helps you overcome your obstacles.
 - D. All of the above
3. It's best to wait for motivation before you take any action.
- A. True
 - B. False
4. Research suggests that which of these actions is a great motivator?
- A. Sleeping late on the weekend
 - B. Correcting your mistakes
 - C. Progress in a meaningful endeavor
 - D. All the above
5. External motivation has a greater, longer-lasting effect than self-motivation.
- A. True

B. False

6. Which type of focus would be more likely to motivate you to take action?

A. Focusing on a smaller goal, or a single step of a larger goal

B. Focusing on the largest, most impressive goal you can imagine

C. Focusing on your failures

D. Worrying about the future

7. Stress can cause you to:

A. Notice more of the positive aspects of a situation

B. View your situation more objectively

C. Dwell on your struggles

D. A & B are correct

8. Helping others can increase your motivation for own endeavors.

A. True

B. False

9. Which statement is false?

A. Minimizing stress can boost enthusiasm.

B. Procrastination can lessen your enthusiasm.

C. Monotony is good for your enthusiasm.

D. Worrying about the little things is harmful to your enthusiasm.

10. The greatest feeling of success comes from _____.

A. Retiring early

B. Conquering great struggles

C. Having an attractive spouse

D. Driving a fancy car

ANSWER KEY

1. B

2. D

3. B

4. C

5. B

6. A

7. C

8. A

9. C

10. B