

MODULE 3 - LEARNING TO PERSEVERE - QUIZ

1. Which statement is false?
 - A. Perseverance can be applied to all areas of life.
 - B. Talent has advantages but is overrated.
 - C. Talent is insufficient to meet your goals.
 - D. Perseverance can never overcome a lack of talent.

2. How do you develop grit?

- A. It comes naturally when you set a goal.
 - B. Practice
 - C. You can't develop grit. You must be born with it.
 - D. None of the above
3. The ability to persist during any challenge is the key to long-term success.
- A. True
 - B. False
4. Even when you're excited about a goal, what are some common reasons for giving up on it?
- A. The difficulty level
 - B. The time required
 - C. Both A & B
 - D. Neither A nor B
5. Which of the following is not a technique for learning to finish what you start?
- A. Maintain a positive outlook.

- B. Have realistic expectations.
 - C. Just put off doing it until tomorrow, when you'll feel more like it.
 - D. Visualize the expected results.
6. Perfection should be the only acceptable outcome.
- A. True
 - B. False
7. Finishing what you start is a habit. You can develop this habit by practicing.
- A. True
 - B. False
8. Which statement is true about quitting?
- A. Sometimes the best decision is to quit.
 - B. Quitting is never the best decision.
 - C. Quitting is always the best decision. You should move on to something else you would rather do.
 - D. Quitting means you failed.

9. Which technique won't help you avoid quitting?
- A. Think long-term.
 - B. Think short-term.
 - C. Ask yourself if a new approach is warranted.
 - D. Give yourself the time you need to make a wise decision.
10. If you want to quit because you lack energy, how can you counteract your exhaustion?
- A. Learn how to relax.
 - B. Eat more nutritious foods.
 - C. Add more items to your schedule.
 - D. A & B

ANSWER KEY

1. D
2. B

3. A

4. C

5. C

6. B

7. A

8. A

9. B

10. D