

MODULE 1 – THE SUCCESS BRAIN MINDSET QUIZ

Choose the correct answer.

1. You'll get the most from this course if you:
 - A. Pick and choose lessons at your leisure
 - B. Study the quiz prior to working through the lessons

- C. Read the lessons, skip the activities, and take the quiz
- D. Do the lessons in sequential order

2. Success is:

- A. Best defined by society
- B. Primarily about money and possessions
- C. Up to each person to define for themselves
- D. Doing as little as humanly possible and still surviving

3. What are affirmations?

- A. Statements that are used to hide from the truth
- B. Positive statements that activate your mind to change your life
- C. A statement that is similar to a compliment
- D. None of the above

4. How can one maintain a positive mindset during challenging times?

- A. Set exciting goals.
- B. Spend time with positive people.
- C. Have a positive morning routine.
- D. All the above

5. What is one way to think like a winner?

- A. Set the highest goals you can imagine.
- B. Criticize yourself before anyone else beats you to it.
- C. Know your desired outcome.
- D. Focus on money.

6. What is the most common fear that impedes personal progress?

- A. A fear of success
- B. A fear of spiders
- C. A fear of strangers
- D. A fear of public speaking

7. The most important advantage of having high expectations is a raised performance ceiling.
- A. True
 - B. False
8. What is a benefit of failure?
- A. Failure is a good excuse to quit.
 - B. Failure is an opportunity to beat yourself up emotionally.
 - C. It's a good excuse to look for some pity.
 - D. Failure provides an opportunity to learn.
9. To achieve success in life, it is necessary to:
- A. Become financially independent
 - B. Define success for yourself
 - C. Have a fit body
 - D. Get married and live happily ever after
10. A positive attitude can enhance success by:

- A. Giving you more control over your life
- B. Increasing your good luck
- C. Hypnotizing others
- D. All of the above

ANSWER KEY

- 1. D
- 2. C
- 3. B
- 4. D
- 5. C
- 6. A
- 7. A
- 8. D
- 9. B
- 10. A