

MODULE 2 – ATTACKING LIMITING BELIEFS QUIZ

Choose the correct answer.

1. Excuses can be a success killer because:
 - A. Excuses make it more convenient to quit when the going gets tough
 - B. It requires a lot of time to invent good excuses
 - C. Trick question. Excuses are a good thing.
 - D. None of the above

2. This course defines a limiting belief as:
- A. A belief that negatively impacts others
 - B. A belief that limits the amount of negativity in your life
 - C. A belief that causes life to be less than completely satisfying
 - D. A belief that limits your poor behavior and thinking
3. Which of the following can be a source of limiting beliefs?
- A. Friends
 - B. Family
 - C. Your interpretation of events
 - D. All of the above
4. Which of the following is a valid limiting belief?
- A. A 55-year old believing it's too late to become a famous musician
 - B. An economically challenged child believing he can never become a billionaire

- C. The belief that it's impossible to find the partner of your dreams, even though you look like Quasimodo
- D. It's impossible to fly to the moon by flapping your arms

5. What is the first step to eliminating a limiting belief?

- A. Spend an evening enjoying yourself as mental preparation
- B. Ask yourself: *Do I know for sure that this belief is true? How? Could I be wrong?*
- C. Ask a friend for advice
- D. Find a way to blame the belief on your childhood

6. It's possible for anyone to create a new belief that serves them.

- A. True
- B. False

7. To create a new thought pattern, it's helpful to:

- A. Refrain from labeling yourself

- B. Label others
- C. Chant
- D. Watch as much televisions as possible, because distractions are helpful

8. Most obstacles:

- A. Are someone else's fault
- B. Are too challenging to overcome
- C. Are mental in origin
- D. Are the result of poor nutrition

9. Limiting beliefs only have a minimal effect on your ability to succeed.

- A. True
- B. False

10. An effective method to address limiting beliefs is:

- A. Build your mental toughness
- B. Find a hobby you love

C. Get more exercise

D. Question the validity of the belief

ANSWER KEY

1. A

2. C

3. D

4. D

5. B

6. A

7. A

8. C

9. B

10. D