

MODULE 3 - THE SYSTEMATIC APPROACH TO GOALS QUIZ

Choose the correct answer.

1. Intentions are important because:
 - A. People will avoid you and stay out of your way
 - B. The road to heaven is paved with good intentions
 - C. Intentions give you confidence

- D. Intentions are negative. Allow the universe to decide your fate.
- 2. Intentions give you greater power over your future.
 - A. True
 - B. False
- 3. Why are habits so important?
 - A. Habits can be empowering or disempowering.
 - B. Habits aren't important, because they can't be controlled.
 - C. Habits are only mildly important. They're the icing on the cake.
 - D. None of the above
- 4. What is a factual statement about habit creation?
 - A. Habits that have persisted for over 10 years cannot be broken.
 - B. It's only possible to create 12 new habits each year.
 - C. Cues are irrelevant when creating new habits.

- D. Behaviors require many repetitions before a habit can be formed.

5. Which statement below is false?

- A. Negative habits can have devastating effects.
- B. Negative habits are easy to break.
- C. Negative habits have short-term benefits.
- D. Negative habits can be obstacles to achieving your goals.

6. Substituting a positive habit for a negative habit can be a highly effective way to enhance your results.

- A. True
- B. False

7. Which of the following is not useful when replacing a bad habit?

- A. Find a replacement behavior.
- B. Predict obstacles and prepare for them.
- C. Mentally ridicule yourself if you slip.

D. Determine the triggers for your bad habit.

8. Rewards are a bad idea when attempting to install a positive habit, because:
- A. You should be able to motivate yourself without an external reward
 - B. Rewards can be too expensive
 - C. You develop more discipline if you create a habit in the absence of a reward
 - D. None of the above. Rewards can be positive when applied properly.
9. The results in your life are a product of your habits.
- A. True
 - B. False
10. An effective means of addressing negative habits is to:
- A. Eat more fibrous vegetables
 - B. Determine the negative impact the habit is having on your life
 - C. Spend some time with old friends

D. Take a mini-vacation

ANSWER KEY

1. C

2. A

3. A

4. D

5. B

6. A

7. C

8. D

9. A

10. B