

MODULE 4 - CREATING HEALTHY HABITS QUIZ

Choose the correct answer.

1. A good habit should:
 - A. Be inexpensive
 - B. Be easy
 - C. Not make too much noise
 - D. Be supportive of your personal wants, values, and relationships

2. Which of the following isn't an effective way to determine if a habit supports or sabotages you?
- A. Your habit supports your goals
 - B. Your habit is a secret
 - C. Your habit makes you angry or embarrasses you
 - D. Your habit is aligned with your values
3. Which choice is not helpful to eliminating a negative habit?
- A. Work on eliminating one habit at a time
 - B. Attack your habit with baby steps
 - C. Sleep two more hours each night
 - D. Find a new habit to replace the old
4. Learning to deal with stress and boredom effectively is very important.
- A. True
 - B. False
5. When attempting to break a habit, it's important to:

- A. Monitor the negative habit
- B. Eat more green, leafy vegetables
- C. Ignore your progress
- D. Be impatient, since patience lengthens the process

6. Which statement below is false?

- A. The use of daily mini goals makes it easier to kick a bad habit.
- B. It's easier to deal with a negative habit if you feel overwhelmed.
- C. Time intervals can be a useful tool for controlling a negative habit.
- D. Rewards can encourage positive behaviors to occur again.

7. In the early stages of breaking a habit, it can be helpful to focus on having a good day or even just a good hour.

- A. True
- B. False

8. Which of the following is not a habit that helps to guarantee success?
- A. Make a list of tasks to complete for the following day
 - B. Prioritize your activities
 - C. Review your goals daily
 - D. Watch TV for at least 3 hours each evening
9. A useful tip for applying the idea of choice bias is:
- A. Give yourself as many reward options as possible
 - B. Let someone else pick your potential rewards
 - C. Reward yourself quickly
 - D. Only reward yourself once
10. Getting at least 7 hours of sleep is necessary for optimal performance.
- A. True
 - B. False

ANSWER KEY

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