

MODULE 5 – LIVING THE BEST YEAR OF YOUR LIFE QUIZ

Choose the correct answer.

1. What is an effective question for reviewing your past?
 - A. What were the low points and how could I have avoided them?
 - B. Why do bad things always seem to happen to me?
 - C. Why is everyone out to get me?
 - D. What movies did I see last year?

2. Which is an important component of designing your life?
- A. The source of your income
 - B. Your working conditions
 - C. Whether you want to be single or married
 - D. All the above
3. Having balance among the various parts of your life is necessary for happiness and well-rounded success.
- A. True
 - B. False
4. Which of the following is a false statement?
- A. A balanced life is enjoyable and minimizes the low spots.
 - B. Excess and happiness are well correlated.
 - C. Having enough money, love, friends, and health is preferable to having an excess in three of them and a lack in the other.
 - D. It's best to create a solid foundation before chasing an outrageous goal.

5. Resources often needed to pursue goals include:
- A. Sufficient time
 - B. Educational resources
 - C. A mentor
 - D. All the above
6. A mentor is nice to have, but not very important.
- A. True
 - B. False
7. You're likely to need new _____ to achieve your goals.
- A. Clothes, attitudes, and eating habits
 - B. Pets, shoes, and pencils
 - C. Information, skills, advice, or money
 - D. Surroundings
8. Life is full of obstacles that will derail your efforts if you're not ____.
- A. Prepared

- B. Over 6 feet tall
 - C. Over 18 years of age
 - D. Going to bed early enough
9. Common obstacles include all the following except:
- A. Other people
 - B. Yourself
 - C. Momentum
 - D. The color of your eyes
10. To achieve a significant goal, it will be necessary to:
- A. Change your name
 - B. Change your address
 - C. Change yourself in positive ways
 - D. Lose money

ANSWER KEY

1. A

2. D

3. A

4. B

5. D

6. B

7. C

8. A

9. D

10. C