

# Module 1 – Know Yourself Quiz

Choose the correct answer.

1. You'll get the most from this course if you:
  - a. Choose lessons based on personal interest
  - b. Do the lessons in sequential order
  - c. Look at the quiz first and then do the lessons
  - d. Quickly read through each lesson and do the quiz
  
2. Affirmations have the power to:
  - a. Hypnotize you
  - b. Convince someone to go on a date
  - c. Change your life, one thought at a time
  - d. Nothing. They don't do anything.
  
3. What will you find in the Additional Resources section for each lesson?
  - a. Links to other products that can help you
  - b. Links to other websites that can help you
  - c. Extra content that helps you learn the lesson
  - d. None of the above
  
4. What is the foundation for personal progress?
  - a. Self-awareness
  - b. Self-criticism
  - c. Self-Assurance
  - d. Self-Control
  
5. What is an ideal activity for enhancing self-awareness?
  - a. Meditation
  - b. Sleeping

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- c. Studying another language
  - d. Watching TV
6. Which of these aspects are included in your personal identity?
- a. Your personal family history
  - b. Your physical appearance
  - c. The people you hang out with
  - d. All of the above
7. Keeping a journal can increase your self-understanding.
- a. True
  - b. False
8. Discovering your passions means you can:
- a. Finally go on a date
  - b. Design your life around the things you love most
  - c. Call in sick to work tomorrow
  - d. Watch TV
9. Which of the following questions can help you identify your passions?
- a. What's missing from my life?
  - b. What am I good at?
  - c. What activities did I like when I was a child?
  - d. All of the above
10. What are your values?
- a. The ideas that are most important to you
  - b. Your favourite TV show
  - c. Your jewellery, money, and other high-priced items
  - d. All of the above

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**Answer Key:**

1. b
2. c
3. c
4. a
5. a
6. d
7. a
8. b
9. d
10. a