

Module 4 – Love Who You Are - Quiz

1. Does toning down your quirky side to accommodate others mean that you don't love yourself?
 - a. Yes
 - b. No

2. What usually happens when someone disapproves of you?
 - a. You have to take out the trash
 - b. You miss your favourite TV show
 - c. The world thinks less of you
 - d. Nothing

3. Which strategy is smarter than comparing yourself to others?
 - a. Comparing yourself to your own recent past
 - b. Avoiding other people
 - c. Making a high salary so you'll always feel like you're better than others
 - d. All of the above

4. Which strategy can help you stop negative thoughts?
 - a. Imagining a stop sign
 - b. Visualizing your "happy" place, like the beach or your grandma's house
 - c. Looking for the silver lining
 - d. All of the above

5. Who truly knows your capabilities?
 - a. Your boss
 - b. Your spouse
 - c. You

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- d. All of the above
6. Which idea is true about limiting beliefs?
- a. We were born with limiting beliefs.
 - b. We learned our limiting beliefs.
 - c. You can't overcome a limiting belief. You just have to work around it.
 - d. A limiting belief doesn't affect your potential.
7. Imagining how you would like to act in certain situations can increase your belief in yourself.
- a. True
 - b. False
8. Which activity can increase your love for yourself?
- a. Taking care of your appearance
 - b. Writing in your journal
 - c. Scheduling more time to do things you like to do
 - d. All of the above
9. When you believe that you deserve to be loved, what is a likely outcome?
- a. You'll fall in love
 - b. Others will be more likely to love you
 - c. Both A & B
 - d. Neither. What you believe about yourself doesn't have anything to do with anyone else.
10. Spending time in nature, like the beach, mountains, or a forest, can increase your love for yourself.
- a. True
 - b. False

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Answer Key

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

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