

Module 5 – Determine Your Life Purpose Quiz

1. What is an advantage of knowing your life purpose?
 - a. You'll enjoy focus and clarity.
 - b. Life will be more fun.
 - c. It enhances your passion for life.
 - d. All of the above

2. What is the key to finding the most enjoyment each day?
 - a. Knowing that you're living the life that's right for you
 - b. Having a high-paying job
 - c. Living in the biggest house on the street
 - d. Being the boss at work

3. How can you find your life purpose?
 - a. By taking a nap
 - b. By asking yourself the right questions
 - c. By watching TV
 - d. All of the above

4. Your perspective can change when you see your ideas on paper.
 - a. True
 - b. False

5. When brainstorming ideas for your life purpose, it's important to:
 - a. Eat a snack
 - b. Take a break
 - c. Keep an open mind

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- d. All of the above
6. What are some strategies that can help you find your life purpose?
- a. Reflecting
 - b. Journaling
 - c. Meditating
 - d. All of the above
7. How can you determine which type of meditation is the most effective for you?
- a. Read books
 - b. Experiment – try them out
 - c. Ask your friend
 - d. Ask your doctor
8. How can you strengthen your meditating skills?
- a. Practice
 - b. Think about it
 - c. Skip a week or two and then try again
 - d. Watch TV
9. Figuring out the things that you're really good at can lead to discovering your life purpose.
- a. True
 - b. False
10. Which strategy is more likely to be successful for making your purpose a part of your life?
- a. Redesign your whole life, starting tomorrow
 - b. Make big, important changes immediately
 - c. Make small changes that you can do each day
 - d. Put off any decisions until you learn everything there is to know about life purposes

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Answer Key

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