

Module 6 – Living Authentically Quiz

1. Rather than spending time hiding from the world, you'll flourish by revealing ___[what]___ to others.
 - a. Your bank account balance
 - b. Your finest jewellery
 - c. Your true self
 - d. All of the above

2. Which strategy increases your personal authenticity?
 - a. Monitor your feelings closely
 - b. Notice which situations cause you to be insincere
 - c. Catch yourself being inauthentic
 - d. All of the above

3. What is a way of identifying the things and ideas that are most important to you?
 - a. Setting your life priorities
 - b. Taking a nap
 - c. Increasing your confidence
 - d. Strengthening your self-discipline

4. Where your boundaries are weak, your true self is being smothered.
 - a. True
 - b. False

5. Which strategy is an easy way to reveal your true personality?
 - a. Share your opinion
 - b. Engage in your interests
 - c. Become an expert on the topics that fascinate you

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- d. All of the above
6. What is likely to happen when you try to shelter yourself from a difficult truth?
- a. You can happily go on your way
 - b. Fear and anxiety build up
 - c. It's easier to be authentic
 - d. You reduce stress
7. Authenticity is more than being honest with the world. So what else is it?
- a. It's only showing your best self
 - b. It's being honest with yourself
 - c. It's a stressful way to live
 - d. All of the above
8. If your life is really busy and hectic, you can't tune in to your inner voice.
- a. True
 - b. False
9. Which way of living is more fun, fulfilling, and gives you a chance to change the world?
- a. Being an original, showing the world your unique self
 - b. Conforming to every norm so you don't have to worry about someone thinking poorly of you
 - c. Ensuring you remain within your comfort zone
 - d. Following all the rules
10. In living authentically, which of the following activities might be included in your regular routines?
- a. Making up stories to impress your date
 - b. Watching TV
 - c. Telling your spouse you have to work late so you can go out with your friends to have authentic adventures
 - d. All of the above

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Answer Key

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