

Mind Power Quiz WEEK FIVE

- 1) The basic foundation and building blocks of our reality are our:
 - A) Hopes
 - B) Dreams
 - C) Beliefs
 - D) Desires
- 2) All beliefs reside on a subconscious level.
 - A) True
 - B) False
- 3) Hopes, intentions, desires and wishes are in the:
 - A) Conscious world
 - B) Subconscious world
 - C) Material world
 - D) Underworld
- 4) Accepting limiting beliefs serve us very well.
 - A) True
 - B) False
- 5) Our life is a:
 - A) Holographic reality
 - B) A projection of what is happening to us
 - C) A vibration of what we are
 - D) All of the above
- 6) Beliefs:
 - A) Have nothing to do with outer reality
 - B) Can be chosen
 - C) Can hold us back AND propel us forward
 - D) All of the above
- 7) If you want to move ahead powerfully, you will have to learn to:
 - A) Discover and eliminate any negative belief pattern you have resonating within you.
 - B) Infuse yourself with images and creations, affirmations, visualisations
 - C) Both A & B
 - D) Do nothing
- 8) Belief system barriers have everything to do with your beliefs and consciousness.
 - A) True
 - B) False

- 9) What is imprinting?
- A) An affirmation exercise
 - B) A contemplation exercise
 - C) A combination of affirmations and contemplation
 - D) None of the above
- 10) In order to imprint something into your subconscious it has to be repeated:
- A) Twice
 - B) Five times
 - C) Never
 - D) Over and over again
- 11) Your life and your reality have nothing to do with what is real, but everything to do with what your *perceptions of reality* are.
- A) True
 - B) False
- 12) The key to having a successful life is:
- A) Going with the flow and not accepting responsibility
 - B) Knowing ourselves deeply and knowing what beliefs resonate inside us.
 - C) Hoping every day for a miracle
 - D) Winning the lottery
- 13) The Great Trickster is an aspect of our:
- A) Subconscious mind
 - B) Conscious mind
 - C) Awakened mind
 - D) Narrowed mind
- 14) The subconscious mind:
- A) Gives us guidance
 - B) Gives us Insights
 - C) Allows us to receive truth from beyond ourselves
 - D) All of the above
- 15) We can go into our subconscious and imprint any thought, idea or belief that we wish to have resonating inside us.
- A) True
 - B) False
- 16) 'The Shadow' of our subconscious is:
- A) A reflection of old beliefs that is still vibrating inside us.
 - B) Depression
 - C) A negative thought
 - D) A bad idea

17) Any time you have _____ in your life, it is a reflection from within the subconscious.

- A) Sadness
- B) Happiness
- C) A bad meal
- D) Reoccurring patterns

18) The subconscious will always reveal its agenda if you approach it with:

- A) Disdain
- B) Mistrust
- C) Passive interest
- D) Honesty and sincerity

19) You can have two beliefs at the same time.

- A) True
- B) False

20) Your 'model of reality' is your:

- A) Vibration
- B) Energy signature
- C) True essence of who and what you are
- D) All of the above

ANSWERS

- 1) C
- 2) A
- 3) A
- 4) B
- 5) D
- 6) D
- 7) C
- 8) A
- 9) C
- 10) D
- 11) A
- 12) B
- 13) A
- 14) D
- 15) A
- 16) A
- 17) D
- 18) D
- 19) A
- 20) D

Exercises for WEEK FIVE

1) Imprinting

Imprint: *"My success helps many people, my failure helps no one."*

Combine affirmations and contemplation. Repeat over and over for 5 minutes each day. Write down any insights that come to you.

2) Imprinting

Imprint: *"My subconscious mind is my partner in success".*

Combine affirmations and contemplation. Repeat over and over for 5 minutes each day. Write down any insights that come to you.

3) Examine Your Beliefs

Think clearly about the goals you have in your life. Think about how they can be enhanced by taking on new beliefs. What new belief would help you assist your goals? What is hindering you and holding you back? Examine what you believe and what you want to change. Become familiar with your thought habits. Make a decision about a new belief you want for yourself. Recreate your *model of reality* by changing your beliefs.

4) Review

Review your notes from the first four sessions, and choose a technique that you have perhaps ignored. Familiarize yourself with all techniques. Take on one exercise that you have not given your full attention to. Use each day for 5 min.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Exercise 1							
Exercise 2							
Exercise 3							
Exercise 4							