

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 & 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

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.

2) Self Observation

Ask yourself these two questions several times a day for a few minutes at a time;

- 1) What limiting beliefs are holding me back?
- 2) What am I going to do about it?

Write down any insights that come to you and DON'T accept any limiting beliefs.

3) Practice "Just My Luck"

Start to reprogram your subconscious that you are lucky. Every time something good happens to you say, "Just my luck."

4) Begin To Imprint One New Empowering Belief

Think clearly about the goals you have in your life. Think about how they can be enhanced by taking on new beliefs. What one new belief would help you achieve 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 and begin to imprint it for 5 min. each day.

Recreate your <i>model of reality</i> by changing your beliefs.
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5) Project of your choice

Use any power techniques that feel most appropriate; perhaps a technique that you have ignored. Familiarize yourself with all the techniques.

Do this for 5 min each day (you can do a different technique on different days)

Keep the momentum happening.

Put a checkmark in the box when you have completed each exercise.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Exercise 1							
Exercise 2							
Exercise 3							
Exercise 4							
Exercise 5							