

## Mind Power Quiz WEEK 4

- 1) If you want a radical change in your life, you must be prepared to be:
  - A) Calm in your thoughts and go with the flow
  - B) Radical in your thoughts and train your mind in new ways
  - C) Undecided in your thoughts and hope for the best
  - D) None of the above
- 2) If you want to have a dynamic, successful life you must:
  - A) Learn to make Mind Power a habit
  - B) Learn to get people to do things for you
  - C) Hope that life will become what you want
  - D) Go to the gym
- 3) Goals have to be large enough to inflame your imagination.
  - A) True
  - B) False
- 4) Your goals need:
  - A) To be mediocre
  - B) To be realistic
  - C) To be small and manageable
  - D) To have "Juice" and get you excited
- 5) When a goal is too small or easily attainable in your life, chances are:
  - A) You won't do it
  - B) You won't have the discipline to follow through with it
  - C) You will not be excited or inflamed by it
  - D) All of the above
- 6) Is there danger in having a goal too large?
  - A) No, there is absolutely no danger at all
  - B) Yes, but there is more danger in a goal too small
- 7) What characteristics do goals have that differ from desires?
  - A) Goals are specific, but desires can vary
  - B) Goals have to be written down, desires are just thought about
  - C) Goals need to be referred to DAILY, desires are only thought about once in a while
  - D) All of the above
- 8) What are the main reasons people do NOT achieve their goals?
  - A) They do not have any goals
  - B) Their goals are too small
  - C) Both A & B
  - D) None of the above

- 9) A Hologram is:
- A) A letter to an elder
  - B) A pigeon carrier
  - C) Where you hollow out a measuring device
  - D) Where the whole is contained in each and every one of its parts.
- 10) Our subconscious mind is holographic and plugged into the web of all reality.
- A) True
  - B) False
- 11) Through our subconscious we can draw in:
- A) Truth and wisdom
  - B) Understandings of any aspect of our life that we wish to know
  - C) Information from beyond ourselves
  - D) All of the above
- 12) Your conscious mind is limited by your personal experiences, but your subconscious is not.
- A) True
  - B) False
- 13) Your subconscious mind:
- A) Is the 'Great Manifester'
  - B) Is infinite wisdom
  - C) Attracts the people, events, circumstance that match the images that you have within
  - D) All of the above
- 14) What are the steps to contact your subconscious mind?
- A) Contemplate that you do indeed possess a second mind
  - B) Affirm to yourself that you already know the answer you are looking for
  - C) Relax in faith and confidence that the right answer will come to you
  - D) All of the above
- 15) How can answers come to you?
- A) The "still small voice", the inner voice that speaks to you and instructs you
  - B) Your Instinct: a feeling or a hunch
  - C) Through your dreams
  - D) All of the above can happen
- 16) If you want to have a specific vibration, then you must:
- A) Think vague thoughts
  - B) Meditate
  - C) Do yoga
  - D) Think those specific thoughts

17) The subconscious mind cannot tell the difference between criticism of others or criticizing yourself.

- A) True
- B) False

18) We are forever attracting to ourselves conditions and circumstances most like our \_\_\_\_\_ predominant thought patterns.

- A) Least
- B) Most
- C) Somewhat
- D) None of the above

19) Your reality is a delayed reflection of \_\_\_\_\_.

- A) The news
- B) Your friends' thoughts
- C) The outer world
- D) Your consciousness

20) Characteristics of 'self image' are:

- A) Your self-image does not reflect who you are, it *determines* who you are
- B) Your self-image is the thoughts that you have about yourself
- C) Self image is a creation of the inner world; of our consciousness
- D) All of the above

21) You will become whatever you \_\_\_\_\_ think of yourself.

- A) Never
- B) Sometimes
- C) Consistently
- D) None of the above. You cannot choose who you want to become.

22) All of our limitations are \_\_\_\_\_ held together by thoughts.

- A) Temporary realities
- B) Permanent realities
- C) Non-existent realities
- D) An invisible reality

23) Everyone is unique and should always carry themselves with dignity and respect.

- A) True
- B) False

## **ANSWERS**

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

## Exercises for WEEK FOUR

### 1) Contemplation

For 3-5 minutes each day, contemplate that your subconscious is your partner in success. Give your subconscious very clear images. Each day contemplate the power of your subconscious and journal any insights.

### 2) Contemplate, Repeat, Relax

Spend 5 minutes each day using the 3 steps to get answers from your subconscious. Pick an area in your life where you need answers or solutions.

1) *Contemplate* that your answers exist now and within you.

2) *Repeat* to yourself: "I know the answer to \_\_\_\_\_" (whatever it is that you are searching for.) Affirm the power of your subconscious.

3) *Relax in faith and confidence* that you have the answer within.

Know that the process is working for you.

### 3) Identify a habit that no longer serves you.

Recognize a negative thought habit and change it. Change it by practicing the opposite. Observe any negative and turn it into something positive.

Challenge the mind into thinking positive. When we change how we think about ourselves and others, we change our vibration.

### 4) Create your new self-image

For 5 minutes a day, take responsibility of creating your new self-image.

Mantra: *"I will become whatever I consistently think about myself."*

What do you wish to become? Choose a personal quality that you want to become. Be bold and daring. You are not limited to your past reality.

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