

## Mind Power Quiz WEEK SIX

- 1) The TWO common errors people make during the practice of Mind Power Training are:
  - A) Coasting
  - B) Simply not doing the work
  - C) Both A & B
  - D) None of the above
- 2) Coasting can be described as:
  - A) A type of sailing equipment
  - B) An obsession with drink coasters
  - C) Living where the land meets the ocean
  - D) When you are doing your exercises every day (and as a result, you are getting insights and you are starting to manifest) and things are going so well that you figure you don't need to do the exercises anymore.
- 3) In order to get momentum, you must do Mind Power regularly and consistently.
  - A) True
  - B) False
- 4) To imprint into the subconscious, you should do exercises every day for at least:
  - A) 3 – 4 days
  - B) 10 – 15 days
  - C) 20 – 25 days
  - D) 60 – 90 days
- 5) Why can Mind Power be challenging?
  - A) The mind is lazy
  - B) There is a part of us that doesn't really believe it will help us
  - C) We lose momentum
  - D) All of the above
- 6) What depends on us doing Mind Power every single day?
  - A) Our personal success
  - B) Our destiny
  - C) Our greatness
  - D) All of the above
- 7) Charting is absolutely critical in your success because:
  - A) You have to know how much (or how little) work you are doing
  - B) Charting is only necessary during the course.

- 8) You must know what you want before you can receive it.  
A) True  
B) False
- 9) How often should you journal and chart yourself?  
A) Once a month  
B) Once a week  
C) Every day  
D) Never
- 10) How does one first manifest and create what it is they want to have happen?  
A) You must first have a goal  
B) You must always trust your feelings and follow your passion  
C) You must follow your passion  
D) All of the above
- 11) When you set your goals, what question should you ask yourself?  
A) Why are you doing it? Does it FEEL right?  
B) Is it a path with heart?  
C) Who, besides yourself will benefit if this goal is achieved?  
D) All of the above
- 12) Don't have a goal that is out of tune with what and who you are.  
A) True  
B) False
- 13) You will be successful if you follow your passion.  
A) True  
B) False
- 14) Who should benefit when you achieve your goals?  
A) You  
B) Your family & friends  
C) Your community  
D) All of the above
- 15) What are the steps along the way to achieving any large goal?  
A) A side-step  
B) Impossible goals  
C) The points of achievement  
D) There are no steps; you should only celebrate once you have achieved your large goal.

- 16) Why is it important to acknowledge small goals?  
A) It gives a vibration of success  
B) Small goals do not need to be acknowledged
- 17) Who should you listen to in regards to what success is?  
A) Your family  
B) Your friends  
C) Society  
D) Yourself
- 18) Who decides what success is for YOU?  
A) Your family  
B) Your friends  
C) Society  
D) You
- 19) Who is responsible for your success?  
A) Your family  
B) Your friends  
C) Society  
D) You
- 20) Once you have chosen your goal, you should:  
A) Write it down in 2 – 3 sentences  
B) Refer to it daily  
C) Decide how much time you will devote to it  
D) All of the above
- 21) It's not the amount of time, it's the daily repetition of the exercises that bring results.  
A) True  
B) False
- 22) You get to create yourself in whatever way you choose.  
A) True  
B) False
- 23) You will become whatever you consistently think about yourself.  
A) True  
B) False
- 24) With Mind Power, you must:  
A) Plant the seed  
B) Nourish it  
C) Let it grow  
D) All of the above

## **ANSWERS**

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

## Exercises for WEEK SIX

### 2) Contemplate & Journal for 5 min. each day:

What is success for me?  
What does a successful life look like for me?  
What is most important for me to achieve?

Write down any insights that come to you.

### 2) Affirm for 2 - 3 min each day:

*"My success helps many people, my failure helps no one. I will succeed for myself and others."*

### 3) Imprint for 5 min each day:

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

Combine affirmations and contemplation. Write down any insights that come to you.

### 4) Affirm for 2 - 3 min each day:

*"I am an athlete of the mind. I enjoy my training and I see amazing results."*

### 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							