

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 friends & family
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 you 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

You are here for a reason.
You have a personal destiny.
You have unlimited power at your disposal.
You have everything, right now, inside you, to be or do whatever you choose.