

Course Code:
Course Title: Change Masters - Module #2 - Personal Benchmarking

Sample:

Question:

<i>Response</i>		<i>Indicate Correct Answer with an "x"</i>
<input type="text"/>		
<input type="text"/>		
<input type="text"/>		
<input type="text"/>		

Question: *Personal Benchmarking can be defined as?*

1 <i>Response</i>		<i>Indicate Correct Answer with an "x"</i>
<i>Setting goals for the future</i>		
<i>Helping others reach their goals</i>		
<i>Having others teach us what skills we must have</i>		
<i>Assessing our own talents and abilities</i>		

Question: *True or False: A major difference between limits and limitations is that limitations are psychological.*

2 <i>Response</i>		<i>Indicate Correct Answer with an "x"</i>
<i>TRUE</i>		
<i>FALSE</i>		
<input type="text"/>		
<input type="text"/>		

Question: *The best way to train dolphins, killer whales and humans is to?*

3 <i>Response</i>		<i>Indicate Correct Answer with an "x"</i>
<input type="text"/>		

<i>Teach them to respect authority</i>		
<i>Reward them when they succeed</i>		
<i>Teach them that failure is not rewarded</i>		
<i>Withhold privileges until they succeed</i>		

Question:	<i>For us to make positive changes permanent?</i>	
4	Response	Indicate Correct Answer with an "x"
	<i>We need a 21-day, intensive training program</i>	
	<i>We need to experience a powerful emotional experience</i>	
	<i>We need to erase past hurts and failures from our minds</i>	
	<i>We need to practice healthy habits over a long period of time</i>	

Question:	<i>If you were labeled a person with a "thermometer" self-image, you would be more?</i>	
5	Response	Indicate Correct Answer with an "x"
	<i>Influenced by external forces</i>	
	<i>Able to make positive changes rapidly</i>	
	<i>Able to energize yourself to a higher level than most people</i>	
	<i>Able to function effectively in all kinds of weather</i>	

Question:	<i>If you were labeled as a person with a "thermostat" self-image, you would?</i>	
6	Response	Indicate Correct Answer with an "x"
	<i>Be considered more of an introvert</i>	
	<i>Go with the flow and not fight city hall</i>	
	<i>Feel more in control of your outcomes</i>	
	<i>Feel that the market and economy determine success</i>	

Question: *The best way to use personal benchmarking to get ahead is to?*

7	Response		Indicate Correct Answer with an "x"
	<i>Learn from individuals who are getting rich quickly</i>		
	<i>Learn from celebrities who are at the top</i>		
	<i>Learn from role models with proven track records</i>		
	<i>Learn from those getting the most media attention</i>		

Question: *True or False: Our past conditioning determines our present performance.*

8	Response		Indicate Correct Answer with an "x"
	TRUE		
	FALSE		

Question: *Which of the following is the main reason pep talks don't always work in the long term?*

9	Response		Indicate Correct Answer with an "x"
	<i>They are not motivational enough</i>		
	<i>People need incentives, like money</i>		
	<i>People go back to being themselves</i>		
	<i>People can't stay focused</i>		

Question: *How many major talents do almost ALL people possess?*

10	Response		Indicate Correct Answer with an "x"
	1 to 2		
	3 to 5		
	4 to 6		
	<i>Not every one has a major talent</i>		

Question: *Behavior patterns and habits are learned by which of the following?*

11	Response		Indicate Correct Answer with an "x"
	<i>Observation</i>		
	<i>Imitation</i>		
	<i>Repetition</i>		
	<i>All of the above</i>		

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