

Course Code:   
 Course Title: Change Masters - Module #8 - Delayed Gratification

**Sample:**

<b>Question:</b>	<input type="text"/>	
<b>Response</b>		<b>Indicate Correct Answer with an "x"</b>
<input type="text"/>		<input type="text"/>
<input type="text"/>		<input type="text"/>
<input type="text"/>		<input type="text"/>

<b>Question:</b>	<i>What is a major reason so few people reach their goals?</i>	
1 <b>Response</b>		<b>Indicate Correct Answer with an "x"</b>
<i>Goals aren't big enough</i>		<input type="text"/>
<i>Goals are too personal</i>		<input type="text"/>
<i>Goals aren't specific enough</i>		<input type="text"/>
<i>Goals are strictly financial</i>		<input type="text"/>

<b>Question:</b>	<i>True or False: The majority of people will choose activities that are tension relieving rather than goal achieveing.</i>	
2 <b>Response</b>		<b>Indicate Correct Answer with an "x"</b>
TRUE		<input type="text"/>
FALSE		<input type="text"/>
<input type="text"/>		<input type="text"/>

<b>Question:</b>	<i>True or False: Our minds are able to concentrate on the reverse of an idea, such as "not being late."</i>	
3 <b>Response</b>		<b>Indicate Correct Answer with an "x"</b>

TRUE		
FALSE		

**Question:** Which of the following is the BEST example of a Precise goal?

4	<b>Response</b>		<b>Indicate Correct Answer with an "x"</b>
	"I want to be stress-free and live a happy life."		
	"I want to live debt free and save lots of money for retirement."		
	"I will put one-tenth of my take home pay in a savings account each month"		
	"I will lose all this extra weight by summer time."		

**Question:** True or False: Goals are usually more powerful if they are written down.

5	<b>Response</b>		<b>Indicate Correct Answer with an "x"</b>
	TRUE		
	FALSE		

**Question:** Which of the following statements is NOT an example of someone raining on your "goal" parade?

6	<b>Response</b>		<b>Indicate Correct Answer with an "x"</b>
	"Why would you want to spend time doing that?"		
	"Are you sure you're capable enough?"		
	"Tell me what excites you about this?"		
	"I don't want to lose my party buddy"		

**Question:**

7	<i>True or False: An effective goal is one that is set in stone and should not be altered.</i>	
	<b>Response</b>	<b>Indicate Correct Answer with an "x"</b>
	TRUE	
	FALSE	

**Question:**

8	<i>Which of the following is NOT a good question to ask yourself in creating goals that are Personal?</i>	
	<b>Response</b>	<b>Indicate Correct Answer with an "x"</b>
	"What are my talents and capabilities?"	
	"How will my life be improved by my success?"	
	"What do most people want out of life?"	
	"What am I willing to sacrifice for my success?"	

**Question:**

9	<i>True or False: You will always move in the direction of your currently dominant thought.</i>	
	<b>Response</b>	<b>Indicate Correct Answer with an "x"</b>
	TRUE	
	FALSE	





