



# To change or not to change quiz



Note: Some questions may have more than one correct answer

**1. Carrying the weight of negative traits is comparable to which of the following:**

- A. Carrying bags of shopping
- B. Holding a glass of water
- C. Climbing a mountain
- D. Running a marathon

**2. What are key factors to achieving real change?**

- A. Having a positive mindset
- B. The deep breathing technique
- C. Chatting about it with others
- D. Putting into practice the methods provided in the book

**3. I want to change. What is important for me to remember?**

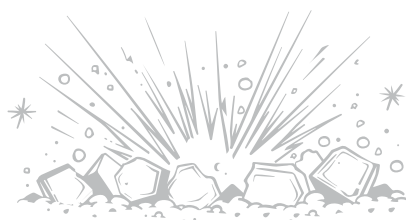
- A. Focus on one area at a time
- B. Ignore the need for change until it's a better time
- C. Try to change everything at the same time
- D. Seek professional help immediately

**4. What does SMART stand for when it comes to goals?**

- A. Specific, Motivating, Achievable, Relevant, Time-Bound
- B. Specific, Measurable, Agreed upon, Realistic, Time-Bound
- C. Strategic, Measurable, Achievable, Relevant, Time-Bound
- D. Specific, Measurable, Achievable, Relevant, Time-Bound

**5. I'm trying to change but it's not working. What should I do?**

- A. Give up immediately
- B. Blame external factors
- C. Be patient and try figure out why
- D. Change the goals entirely





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**6. What do we learn from the story of the poor man and the governor?**

- A. Taking risks can lead to dangerous adventures
- B. Change is like a hidden treasure waiting behind closed doors
- C. Constructive criticism can be a key to unlocking potential
- D. Small huts are cosy and far cheaper than maintaining a palace

**7. It's hard to stay motivated when I am trying to change my self. Any tips?**

- A. Criticize yourself harshly
- B. Reward yourself for progress
- C. Acknowledge your achievements
- D. Try something else

**8. I have tried so hard but this book is not helping me feel happier or more successful. What are my options?**

- A. Blame yourself for not trying hard enough
- B. Give up and put the book in the garbage
- C. Calmly reflect to see if you are keeping to the SMART goal rules
- D. Be open to discussing this with a trusted older adult with a view to getting professional help which can be more effective than a book.

**9. When it comes to change what is most important to remember?**

- A. Change is easy and immediate
- B. Change requires lots of support from friends
- C. Change is boring, unnecessary and should be avoided
- D. Change is a gradual process that requires effort and patience

**10. Why is it important to have patience if you want to change and improve yourself?**

- A. Because quick changes rarely last over a longer term
- B. Because change is easy and straightforward
- C. Because progress can sometimes involve setbacks and disappointments
- D. Because change happens instantly with determination



## To change or not to change quiz answers



1. B
2. A, D
3. A
4. D
5. C
6. B
7. B, C
8. C, D  
(Not A- please don't blame yourself, it's not your fault)
9. D  
(B is helpful but not a necessity)
10. A, C