



Balance quiz



Note: Some questions may have more than one correct answer

1. Is it good if a person is a perfectionist?

- A. No because it can easily negatively affect a persons' happiness
- B. Of course it is - it means that you are perfect
- C. I don't know if it is or not but it's not my business either way to judge anyone
- D. I'm not sure- I better read Hack 6 again

2. When it comes to learning and achieving in school, which of these are signs of a balanced teen:

- A. Does not give up when things are hard
- B. Sets realistic goals
- C. Doesn't care if they are not succeeding
- D. Understands that mistakes and failures are part of the learning process



3. You have done something wrong to a good friend, what should you do?

- A. Beat yourself up for being a bad person
- B. Pretend that nothing happened and carry on
- C. Try to understand and learn where you went wrong
- D. Ask for forgiveness

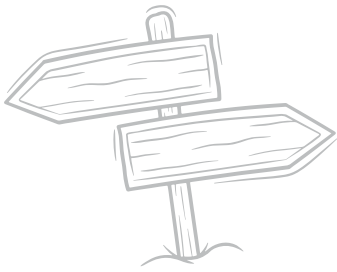


4. What's wrong with eating when I want and what I want?

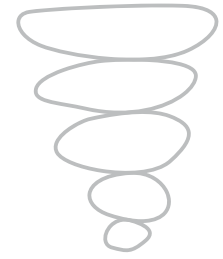
- A. Our bodies are delicate and need looking after
- B. There is nothing wrong, chill out and live life to the full
- C. Nothing wrong because it's not affecting my weight
- D. One should take pride in living healthily

5. I'm trying to be more organized, which of the following would be a good help:

- A. Pay someone to sort out your stuff
- B. Make a realistic plan to start getting more organized
- C. Forget it - you're just a messy person
- D. Decide from now on you are going to become the most organized person out there.



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6. **“School/studying isn’t my thing, so what’s the point”. Do you agree or not?**

- A. Agree - focus on your strengths and don’t worry about it
- B. Agree - stressing on swatting is not good for your health
- C. Disagree - you may not be the best but quitting certainly isn’t good
- D. Disagree - often when people change their mindset they surprise themselves about what they are capable of achieving.

7. **“What’s the point of trying to work on myself if I’m a bad person”. Do you agree with this statement or not?**

- A. Agree - you are never going to be perfect so why start
- B. Agree - we are all human beings and it’s ok and normal to keep doing things wrong
- C. Disagree - We are put on this world to work on ourselves and improve
- D. Disagree - You are not a totally bad person, just someone who may have acted badly.



8. **“I want to look the best among all my friends”. What’s wrong with this aspiration?**

- A. Your main focus should be on real inner qualities
- B. Go for it. Good luck in your quest
- C. Ask your friends if they want to join the competition
- D. Don’t stress yourself. Aim to look good but why do you need to be the best?

9. **What’s the best way of trying to adjust my extremes to a middle way?**

- A. Be realistic, take one thing to work on and make a 30-day plan
- B. Decide what you are going to do and get to work
- C. Wait till you have more time to work on this important issue
- D. Move on to a different hack which is easier.

10. **Why did Hack 6 take me the longest to write of all the hacks?**

- A. It’s the longest of all the hacks
- B. There are lots of unhealthy extremes and it was hard to identify the most important to include
- C. I was being a perfectionist when I wrote it
- D. I’m not sure but is it that important?



Balance quiz answers



1. **A**
2. **A, B, D**
(not C because not caring is not the balanced approach)
3. **C, D**
4. **A, D**
5. **B**
(A is not going to actually change yourself long term. D is unrealistic)
6. **C, D**
7. **C, D**
8. **A, D**
9. **A, B**
10. **A, B**
(D is also correct!)