

Hack 7 – I.C.C.B Quiz

Note: Some questions may have more than one correct answer

1. What does CBB stand for in Hack 7?
 - a) College Basketball
 - b) Community Bulletin Board
 - c) Can't Be Bothered
 - d) Could Be Better

2. What's wrong with taking it easy?
 - a) Nothing. Enjoy the easy and fun life.
 - b) It's imprinted in our DNA that we only find real happiness from hard work.
 - c) If you are clever then take it easy and if you aren't then you have to work.
 - d) Only hard work brings real fulfilment and success.

3. Which one of these are CBB thoughts?
 - a) I can't do this.
 - b) This isn't fun. Forget it.
 - c) It's good for me to complete this challenging task.
 - d) It's boring and I can't stand boring things.

4. Which of the following are perseverance (I.C.B.B) thoughts: -
 - a) It's boring but I can do boring.
 - b) What's the point of this annoying task.
 - c) I'm not enjoying this but I'll finish it.
 - d) I have done hard things before.

5. If a thought tells you to quit because a particular task is too hard, what should you do?
- a) Remind yourself that success and happiness are not for everyone so just quit.
 - b) Remind yourself that it's just a thought you don't need to listen to it.
 - c) Remember that success and happiness comes to those who refuse to quit.
 - d) Challenge the thought and remind yourself that you CAN do it and it's worth it.
6. I have decided to overcome my CBB mentality. What should I do?
- a) Choose a specific and realistic goal.
 - b) Identify your CBB thoughts.
 - c) Go to the next hack for something a bit easier.
 - d) Praise yourself for your good intentions and go to sleep.
7. If you are successful in your first ICBB challenge what should you do?
- a) Throw a party and put the book back on the shelf.
 - b) Throw a party and move onto the next ICBB challenge.
 - c) No parties, just get going onto the next challenge- it's really no big deal.
 - d) Drive your parents crazy to buy you a reward.
8. If you were not successful in your particular ICBB mission you should: -
- a) Accept that this issue is just too hard for you.
 - b) Go back to the plan and see where you went wrong and then adjust accordingly.
 - c) Accept the setback and resolve not to be beaten by the CBB thoughts next time.
 - d) Go back to the bookstore and ask for your money back.
9. Why was Harris Gold so strict to his son Simon?
- a) He wanted him to learn a life lesson.
 - b) He was a mean father.
 - c) He didn't want his son to be a beggar for the rest of his life.
 - d) He wanted his son to know where true success and happiness comes from.

10. Why did Simon's meal taste better after he had worked for it?

- a) He was now able to afford spices to put in the food.
- b) He was so tired that anything would taste good.
- c) The satisfaction from earning the meal properly created a better taste.
- d) It didn't actually taste good but he was too scared to tell his father.

Answers

1. C
2. B, D
3. A, B D
4. A, C, D
5. B, C, D
6. A, B
7. B (C is incorrect as one should make a big deal of success)
8. B, C
9. A, D
10. C