



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



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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?

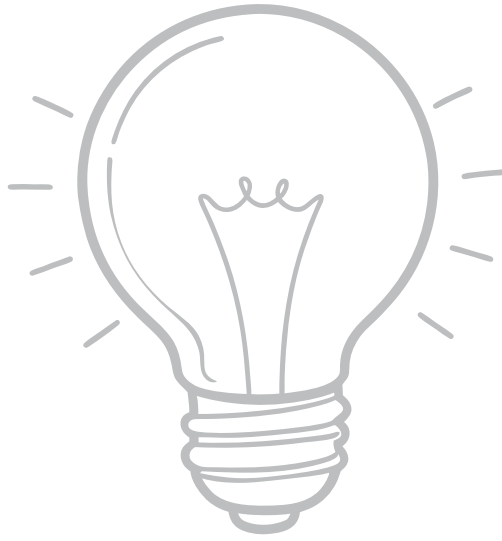
- A. He wanted him to learn a life lesson
- B. He was a mean father
- C. He didn't want his son to be a beggar for the rest of his life
- D. He wanted his son to know where true success and happiness comes from

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



I.C.C.B. quiz 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