

# Hack 10 – 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.
  
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 cozy 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.

# Answer

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