

### Mind Power Quiz WEEK THREE

- 1) How many thoughts do we think every day?
  - A) A few throughout the day
  - B) We only think thoughts when we are hungry or upset
  - C) Hundred of thoughts, but only when we focus on them
  - D) We think THOUSANDS of thoughts every day, whether we realise we are doing it or not
  
- 2) Until you begin to control and direct your thoughts, you cannot hope to control your circumstance.
  - A) True
  - B) False
  
- 3) What quality do you want to bring into your Mind Power training?
  - A) Be Decisive – You must know what you want before you can get it
  - B) Take Action – Do the techniques
  - C) Be Persistent– You must persist in doing the exercises
  - D) All of the Above
  
- 4) Most people will not take action unless there is a PAYOFF.
  - A) True
  - B) False
  
- 5) If you do not see results from the exercises, you should:
  - A) Give up entirely
  - B) Take a break, it's just not meant-to-be for now
  - C) Wait...I was supposed to do the exercises?
  - D) PERSIST. You must persist on results. Do not give up.
  
- 6) Making a courageous decision activates:
  - A) Your bank account
  - B) Volcanoes
  - C) Your Will
  - D) Nothing at all
  
- 7) Thoughts and health are directly related to one another.
  - A) True
  - B) False
  
- 8) If you tell yourself every day that you always get sick, you will most likely:
  - A) Become a doctor
  - B) Feel really great about your health
  - C) Feel nothing
  - D) Get sick

- 9) Has the 'Placebo effect' been tested and proven to be effective in aiding health, even when subjects know that it is a placebo?
- A) Yes
  - B) No
- 10) An affirmation is:
- A) A phrase you hear on the radio
  - B) A business deal
  - C) A statement that you repeat to yourself that represents what you want to have happen to you
  - D) A dream-like entity
- 11) To create a successful affirmation, you must always:
- A) Keep the affirmation short and simple
  - B) Phrase it so that it is a positive statement
  - C) Repeat it over and over again
  - D) All of the above
- 12) You must believe in your affirmation for it to work.
- A) True
  - B) False
- 13) We lose an incredible amount of success vibration by:
- A) Dismissing all the incredible successes we have in our life
  - B) Focusing too much on what we WANT to do
  - C) Focusing too much on what we WANT to happen
  - D) All of the above
- 14) A simple yet powerful way of becoming successful in life is to:
- A) Put others down so that you can feel better
  - B) Do nothing, things will unfold however they like
  - C) Vibrate with a 'success energy'.
  - D) Do what others feel are successful
- 15) You can either attract or repel desirable conditions to you with your\_\_\_\_\_.
- A) Good business sense
  - B) Bad luck
  - C) Industrial-grade magnet
  - D) Thoughts

**ANSWERS:**

- 1) D
- 2) A
- 3) D
- 4) A
- 5) D
- 6) C
- 7) A
- 8) D
- 9) A
- 10) C
- 11) D
- 12) B
- 13) D
- 14) C
- 15) D

## Exercises for WEEK THREE

### 1) Visualisation

Pick a trait or quality, something that you do not possess, and spend 5 minutes both seeding and visualizing yourself having that quality. Lose yourself in that image. Combine the feelings and images. Stay with it the full week.

### 2) Affirmation

Affirm to yourself that you ARE that person. Do this sporadically throughout the day.

### 3) Manifest

This is a project of your choice. Pick something that you want to manifest and create for yourself in your life THIS WEEK. Do this every day for 10 minutes through seeding and visualisation.

### 4) Acknowledging

Make a list of at least 15 – 20 successful accomplishments you have already achieved. Read it and acknowledge yourself for a few minutes every day. This is how you create a vibration of success within yourself.

### 5) General visualization

Spend 3- 5 minutes a day visualising all aspects of your life working: health, career, relationships etc.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Exercise 1							
Exercise 2							
Exercise 3							
Exercise 4							
Exercise 5							