

# Assessment

## ***Finding Your Purpose*** ***Revised Edition***

The objectives of this book are:

- To help you discover your life purpose
- To describe barriers that can get in the way of defining your life purpose
- To present tools for overcoming these barriers to help you live a more fulfilling life

■ CRISP<sub>series</sub>

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## **Assessment Questions for *Finding Your Purpose, Revised Edition***

*Select the best response.*

1. Purpose can be best expressed by:
  - A. Answering the question “why”?
  - B. Writing a mission statement
  - C. Formulating a long-term goal
  - D. Creating a vision statement
  
2. To have passion about what you do is to want to:
  - A. Make a difference in the lives of others
  - B. Leave something of yourself behind
  - C. Both of the above
  
3. Your statement of purpose must flow through every domain of your life, otherwise you don't yet have a purpose statement.
  - A. True
  - B. False
  
4. In the second half of life, people are more likely to ask themselves:
  - A. If they should marry or not
  - B. What contribution can they make in the world
  - C. What legacy they are leaving
  
5. You can have a meaningful life whether or not you believe you have a purpose.
  - A. True
  - B. False

6. The belief that to be successful, you must work long hours:
  - A. Has been accepted throughout history
  - B. Leads to increased stress, illness, and alienation from loved ones
  - C. Makes it easier to set priorities
  - D. All of the above
  - E. None of the above
  
7. If something comes easily for you, it is probably:
  - A. Easy for everyone
  - B. One of your talents
  
8. Your skill list comes from your:
  - A. Training
  - B. Education
  - C. Experience
  - D. All of the above
  
9. The best way to get the most pleasure out of life is to:
  - A. Take time for what you enjoy
  - B. Keep yourself busy
  - C. Seek excitement whenever you can
  - D. All of the above
  
10. Great creative ideas usually come:
  - A. When you focus your energies on keeping busy
  - B. By spending time with others
  - C. In times of quiet reflection and stillness
  - D. When you tune out your inner voice
  
11. You may be caught in the “tyranny of the shoulds” if you:
  - A. Consult with someone to get his or her opinion
  - B. Consult with someone to get his or her approval
  - C. Try to please others
  - D. A and C
  - E. B and C

12. Which statement does not apply to “Being Shoulds”?
- A. They are deeply ingrained.
  - B. They can be easy to let go of.
  - C. They form the criteria upon which you judge yourself.
  - D. They may provide an impossible formula for self-acceptance.
13. The best way to let go of shoulds is to:
- A. Pay no attention to them
  - B. Listen to your inner calling
  - C. Take the advice of your family and friends
  - D. Do what is expected of you
14. Values are beliefs that you choose to guide your life, as opposed to shoulds which are absorbed without conscious choice.
- A. True
  - B. False
15. Your self-esteem is likely to be low if you:
- A. Dislike yourself
  - B. Listen to your intuition
  - C. Distrust yourself
  - D. A and B
  - E. A and C
16. You should not put your self-talk on paper if you want to raise your self-esteem.
- A. True
  - B. False
17. Which of the following is not a rule of effective affirmations?
- A. State affirmations in the present tense
  - B. State affirmations positively
  - C. Use affirmations sparingly
  - D. Empower your affirmations with feeling

18. If you are afraid of something, you should first try to:
- A. Hide your fear
  - B. Overcome your fear
  - C. Understand your fear
  - D. All of the above
19. In order to grow you must:
- A. Deal with a certain amount of fear
  - B. Worry about what *might* happen in the future
  - C. Hold fast to who you are and what you believe
  - D. Avoid risk taking
  - E. None of the above
20. You should think of fear as a reassuring signal that you are on the right course.
- A. True
  - B. False
21. A calculated risk taker is someone who:
- A. Plays it safe in all situations
  - B. Likes to live dangerously
  - C. Weighs alternatives before taking action
22. The better formula for happiness is:
- A. Have enough, do what you want, be happy
  - B. Be who you are, do what you love, have what you need
23. Shifting to the “being mode” means you now:
- A. Have enough possessions
  - B. Are connected to your spiritual self
  - C. Are living a life of shoulds
  - D. All of the above
  - E. None of the above

24. Choosing work that pays well is more important than choosing meaningful work.

- A. True
- B. False

25. The question of your purpose will evolve as you move through your life.

- A. True
- B. False

## **Answer Key for Finding Your Purpose, Revised Edition**

### ***Recommended response (Corresponding workbook page)***

1. A (5-6)	6. B (23)	11. E (45)	16. B (71)	21. C (92-93)
2. C (8)	7. B (31)	12. B (47)	17. C (76)	22. B (101)
3. A (15)	8. D (34)	13. B (48)	18. C (86)	23. B (102)
4. B (17-19)	9. A (26)	14. A (49)	19. A (85)	24. B (99)
5. A (10)	10. C (39)	15. E (69)	20. A (85)	25. A (107)