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8 to GREAT: Starting from Where We Are

Note: The second number after the hyphen refers to the High-Way the question refers to.
For the Answer Key, contact the owner of this copyright at mkmotiv8@aol.com.

Circle your best guess.

1-2. Research has shown that the 4-letter word that the most successful have in common is:

- a) Work
- b) Cash
- c) Risk
- d) Love

2-4. Emotions come from:

- a) What I do
- b) What mood I'm in
- c) What I think
- d) What others do to me

3-1. In order to be successful, I need to

- a) Work harder than other people
- b) Be liked by other people
- c) Have a lot of money
- d) Believe in and follow my dreams

4-3. Right now, who is in charge of your life?

- a) My teacher or boss
- b) Me
- c) My parents or guardians
- d) All of the above

5-7. Positive attitude:

- a) is a set of behaviors and actions
- b) is a set of thoughts and beliefs
- c) is a set of feelings and emotions
- d) All of the above

6-2. Most people give up

- a) Too soon
- b) Not soon enough
- c) At just the right time
- d) Most people never give up

7-5. The best way to be a good friend is to

- a) Give them advice on what to do
- b) Leave them alone
- c) Listen to them and encourage them
- d) Be nicer to them than to other people

8-6. Which of the following is true?

- a) There are some things we just can't forgive
- b) Parents are the hardest people to forgive
- c) We were all doing the best we could at the time with the information we had.
- d) Forgiveness is easier for women

9-5. When someone comes to you with a story about another person you should:

- a) Just listen and not say anything
- b) Talk to whoever the story is about so they'll know what's being said
- c) Tell the storyteller you don't like gossip
- d) Suggest that the storyteller talk to the person the story is about

10-2. The Road to Success usually looks like

- a) A circle
- b) An up and down line
- c) A straight line going uphill
- d) A dotted straight line

11-2. Successful people make _____ mistakes as unsuccessful people

- a) half as many
- b) the same number of
- c) twice as many
- d) twenty times as many

12-7. The FGH formula for Positive Attitude stands for

- a) Forgiveness, Gratitude and Hope
- b) Free, Grateful and Happy
- c) Follow, Give and Help
- d) Feel Good and Heal

13-3. Mad and _____ are two sides of the same coin. We always feel them together.

- a) Happy
- b) Frustrated
- c) Confused
- d) Sad

14-5. The root cause of anger is almost always a feeling of being

- a) lost
- b) disrespected
- c) wrong
- d) lonely

15-2. A "real risk" is always one where

- a) You run to your goal rather than from your fear
- b) You can change your mind if it goes wrong
- c) Your friends think you should do it
- d) You put yourself in dangerous situations

16-5. Who is the biggest problem in XYZ (3rd party) communication?

- a) X (person with issue)
- b) Y (person who tells Z the issue)
- c) Z (person that X is upset with)
- d) All of the above

17-7. No one has ever met a grateful person who was

- a) Out of a job
- b) Tired
- c) Unhappy
- d) Sick

18-4. I can be _____ and still have a positive attitude

- a) Mad
- b) Sad
- c) Scared
- d) All of the above

19-1. When you feel good

- a) you get along better with others
- b) good things happen
- c) you have more energy
- d) all of the above

20-5. When it comes to asking for what you want

- a) The most selfish people do it all the time
- b) It's better to ask when people are in good moods
- c) It's a risk that usually ends up badly
- d) The happiest people do it all the time

21-3. Full Responsibility means

- a) No BC: blaming or complaining
- b) Don't ask for help
- c) Each person has to do their part
- d) All of the above

22-2. A good question to ask when making a decision is:

- a) What have I done before?
- b) If I had no fear, what would I do?
- c) What do other people usually do?
- d) Am I absolutely sure it will work?

23-8. If you want to feel better, it's important to

- a) Take risks
- b) Forgive yourself for your mistakes
- c) Feel all your feelings
- d) All of the above

24-2. Every adversity makes us

- a) Depressed and discouraged
- b) Think twice before we repeat it
- c) Happier
- d) Bitter or better

25-1. A belief is...

- a) Always religious
- b) Something that is true for everybody
- c) A thought you keep thinking until you feel it
- d) Something you are taught from childhood