

Name: _____
Date: _____

Awaken The Giant Within

Anthony Robbins

CHAPTER ONE - DREAMS OF DESTINY

1. What are the changes that we all must make to preserve the quality of life around the globe?

A.

B.

C.

2. Briefly list and explain the five areas of life that impact everyone everyday.

A.

B.

C.

D.

E.

CHAPTER TWO - DECISIONS-THE PATHWAY TO POWER

1. _____ not _____ determine our destiny.

2. If you don't set a baseline standard for what you'll accept in your life, you'll find it is easy to slip into behaviors and attitudes or a quality of life that is far below what you deserve. **True or False?**

3. Your life changes the moment you make a new, congruent, and committed _____.

4. The way to make better decisions is to what?

5. What are three decisions that control your destiny?

A.

B.

C.

6. Every person has a system that acts like an invisible force directing all thoughts, actions and feelings good or bad. What are the five components of this system?

- A.
- B.
- C.
- D.
- E.

7. What are the six quick keys to help you harness the power of decisions, the power that shapes your experience of life every moment that you live it?

- A.
- B.
- C.
- D.
- E.
- F.

CHAPTER THREE - THE FORCE THAT SHAPES YOUR LIFE

1. Define "EMOTIONAL THRESHOLD."

- 2. What you link pain to and what you link pleasure to shapes your destiny. **True or False.**
- 3. It's not actual pain that drives us, but our fear that something will lead to pain. **True or False.**

CHAPTER FOUR - BELIEF SYSTEMS: The power to create and the power to destroy .

1. What are beliefs?

2. Dr. Martin Seligman of the University in Pennsylvania designates three specific patterns of beliefs. What are they and briefly explain.

- A.
- B.
- C.

3. Anthony Robbins classifies beliefs into 3 categories. What are they?

A.

B.

C.

4. How do you create conviction?

5. Define social proof.

6. The way to expand our lives is to model the lives of those people who are already succeeding. **True or False.**

7. "Nothing in life has any meaning except the _____ you give it."

CHAPTER FIVE - CAN CHANGE HAPPEN IN AN INSTANT?

1. Once we effect a change, we should reinforce it when?

2. What two changes does everyone want in life?

A.

B.

3. What are the three specific beliefs about responsibility that a person must have if they are going to create long-term change?

A.

B.

C.

4. What are false Neuro-associations?

5. Define Neuro-Associations.

CHAPTER SIX - HOW TO CHANGE ANYTHING IN YOUR LIFE: The Science of Neuro-Associative condition.

1. What are the six simple steps of NAC? Briefly explain.

A.

B.

C.

D.

E.

F.

CHAPTER SEVEN - HOW TO GET WHAT YOU REALLY WANT.

1. Define "State."

2. Emotion is created by motion. Everything that we feel is the result of how we use our Bodies. **True or False**

3. The key to success is to create patterns of movement that create confidence, a sense of strength, flexibility, a sense of personal power and fun. **True or False**

4. Define submodalities.

5. Give one example of each submodality.

6. Our ability to change the way we feel depends upon our inability to change our submodalities. **True or False**

CHAPTER EIGHT - QUESTIONS ARE THE ANSWER

1. It is not events that shape a persons life, but what?

Name: _____

2. Thinking is the process of _____ and _____ questions.

3. Quality questions create a quality life. **True or False**

4. Questions accomplish what three specific things?

A.

B.

C.

5. What is the power of presupposition?

6. What are the five problem-solving questions?

A.

B.

C.

D.

E.

7. Give two examples each of morning power questions and evening power questions.

CHAPTER NINE - THE VOCABULARY OF ULTIMATE SUCCESS

1. People with an impoverished vocabulary live an impoverished emotional life; people with rich vocabularies have multi-hued palette of colors with which to paint their experience, not only for others, but for themselves as well. **True or False**

2. What is the essence of transformational vocabulary?

Name: _____

3. If we want to change our lives and shape our destiny, we need to consciously _____ the words we're going to use, and we need to constantly strive to expand our level of choice.
4. What shapes our beliefs?

5. The words we use as a corporate culture and as individuals have a profound effect on our experience of reality. **True or False**
6. List five words that you habitually use that create negative feelings in your life and then write an alternative word that would break that pattern.

- A.
- B.
- C.
- D.
- E.

CHAPTER TEN - THE POWER OF LIFE METAPHORS: DESTROY THE BLOCKS, BREAK DOWN THE WALL, LET GO OF THE ROPE AND DANCE YOUR WAY TO SUCCESS

1. Define a metaphor.
2. Metaphors can empower us by expanding and enriching our experience of life. **True or False**
3. A whole set of rules, ideas and preconceived notions accompany any metaphor you adopt. **True or False**

CHAPTER ELEVEN - THE TEN EMOTIONS OF POWER

1. What are the four basic ways in which people deal with emotion?
 - A.
 - B.
 - C.
 - D.
2. What does Anthony Robbins describe negative emotions as?

3. What are the six steps to emotional mastery?

- A.
- B.
- C.
- D.
- E.
- F.

4. What are the ten primary emotions most people try to avoid?

- A.
- B.
- C.
- D.
- E.
- F.
- G.
- H.
- I.
- J.

5. What are the ten emotions of power?

- A.
- B.
- C.
- D.
- E.
- F.
- G.
- H.
- I.
- J.

CHAPTER TWELVE - THE MAGNIFICENT OBSESSION-CREATING A COMPELLING FUTURE

1. The foundation for all success in life is what?

2. What is the key to achieving goals?

3. List and briefly explain the four areas of goal setting.
 - A.

 - B.

 - C.

 - D.

4. How do you make your goals real?

5. What is the purpose of goals?

6. What is the most important step in goal setting?

CHAPTER THIRTEEN - THE TEN-DAY MENTAL CHALLENGE

1. In life, never spend more than _____% of your time on the problem and spend at least _____% of your time on the solution.
2. What are the rules of the game as described by Anthony Robbins and his ten-day mental challenge?

**PART TWO
TAKING CONTROL - THE MASTER SYSTEM**

CHAPTER FOURTEEN - ULTIMATE INFLUENCE: YOUR MASTER SYSTEM

1. _____ evaluation cheats _____ lives.
2. The goal is to be able to evaluate everything in your life in a way that _____.

3. What are the five elements that make up the master system of evaluation? In one or two sentences, define/describe them.

A.

B.

C.

D.

E.

4. What are the differences between global beliefs and rules?

5. People invariably want to change one of two things. What are they?

CHAPTER FIFTEEN - LIFE VALUES: YOUR PERSONAL COMPASS

1. _____ guide our every decision and therefore our destiny.

2. The only way for us to have long-term happiness is to do what?

3. Anytime you have difficulty making an important decision, you can be sure that it is due to what?

4. What are the two types of end-values and give examples of each?

Name: _____

5. Using the guidelines within this chapter:

A. Find out what your current values are and rank them in order of importance.

B. Ask your self "what do my values need to be in order to achieve the destiny I desire and deserve?" See if your list from step one still supports you. If not make some changes.

Name: _____

CHAPTER SIXTEEN - RULES: IF YOU'RE NOT HAPPY, HERE'S WHY!

1. Anthony Robbins calls the specific beliefs that determine when we get pain and when we get pleasure as what?

2. Don't expect people to live by your rule _____

3. What are the two types of rules? Define them and give examples of each.

4. Begin to take control of your rules by writing down your answers to this question. What does it take for you to feel confident? Make your answer as thorough as possible. Now ask yourself, are these rules appropriate for me? Have I made it really hard to feel good, and easy to feel bad? Now, answer the question again.

5. What is the most empowering rule?

Name: _____

CHAPTER SEVENTEEN - REFERENCES: THE FABRIC OF LIFE

1. What are references?

2. Limited references create a limited life. If you want to expand your life, you must do what?

3. Everything in life happens for a _____ and a _____, and it serves us.

4. Write down several of the most powerful experiences that have shaped who you've become as a person. Give not only a description of the experience, but also how that experience impacted you.

PART THREE
THE SEVEN DAYS TO SHAPE YOUR LIFE

CHAPTER NINETEEN THROUGH TWENTY-FIVE

1. Briefly explain the seven days to shape your life.

PART FOUR
A LESSON IN DESTINY

CHAPTER TWENTY-SIX - THE ULTIMATE CHALLENGE: WHAT ONE PERSON CAN DO

1. What is the primary obstacle that prevents us from changing our lives or taking action to help other people change theirs?
2. Every single problem is caused by _____. Therefore, the solution to every problem is to change our _____.
3. The only limit to your impact is your imagination and commitment. **True or False**
4. Define a **HERO**.
5. What point is Anthony Robbins trying to get across in Chapter Twenty-six?