

Awaken The Giant – Reading Tasks

Comprehension Questions

1. What is the "giant" that Tony Robbins talks about in the book?
2. What are the three steps to making a decision?
3. How can you change your emotions to feel better?
4. Why does Tony say it's important to set big goals?
5. What is the first step to breaking a bad habit?
6. How can linking pain and pleasure help you change?
7. What should you do if you have a belief that holds you back?
8. What are two ways to stay motivated when you feel like quitting?

True or False Questions

1. Tony Robbins says decisions have no effect on our future.
2. Focusing on good things can make you feel happier.
3. You should avoid setting deadlines for your goals.
4. Linking pleasure to good habits can help you stay consistent.
5. Bad beliefs always help us reach our goals.

Fill-in-the-Blanks Questions

1. Tony Robbins says, "Your life changes the moment you make a _____."
2. To feel better, you can stand tall, _____, and breathe deeply.
3. Replace bad habits with _____ ones.
4. Goals give us _____ and purpose.
5. Beliefs are ideas we think are _____.

Discussion Questions

1. Can you think of a decision that changed your life?
2. What is a bad habit you want to break, and how can you replace it with a good one?
3. What goal would you like to set for yourself, and what small steps can you take today?
4. How do you stay motivated when working on something difficult?