

Awaken The Giant - Answer

- 1. What is the "giant" that Tony Robbins talks about in the book?**
The "giant" is the power inside us to make our lives better.
 - 2. What are the three steps to making a decision?**
 - Know what you want.
 - Take action.
 - Don't give up.
 - 3. How can you change your emotions to feel better?**
 - Change your body by standing tall, smiling, and breathing deeply.
 - Focus on good things.
 - Use happy words.
 - 4. Why does Tony say it's important to set big goals?**
Big goals give us direction and purpose and make life exciting.
 - 5. What is the first step to breaking a bad habit?**
The first step is noticing the habit you want to stop.
 - 6. How can linking pain and pleasure help you change?**
Linking pain to bad habits and pleasure to good habits motivates you to change.
 - 7. What should you do if you have a belief that holds you back?**
 - Question the belief.
 - Find proof against it.
 - Create a new, positive belief.
 - 8. What are two ways to stay motivated when you feel like quitting?**
 - Visualize success.
 - Celebrate small wins.
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True or False Questions

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

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