

Mike Diamond

life coach, recovery mentor, corporate consultant, author, and keynote speaker

1. What does Mike Diamond emphasize as a crucial daily habit for success and mental well-being?

- A. Exercising for an hour
- B. Writing down thoughts and feelings
- C. Reading motivational books
- D. Meditating for 20 minutes

Answer: _____

2. According to Mike, how should one view failure?

- A. As a sign to give up
- B. As feedback
- C. As a personal flaw
- D. As an unchangeable outcome

Answer: _____

3. What is Mike's advice for staying positive during negative times?

- A. Ignore negative thoughts completely
- B. Take negative thoughts personally
- C. Do not take negative thoughts personally
- D. Focus on negative thoughts to find a solution

Answer: _____

4. What motivated Mike to write his book during the COVID lockdown?

- A. A contract with a publisher
- B. His feelings and the act of writing
- C. Peer pressure
- D. Financial incentives

Answer: _____

5. What does Mike suggest is more important than motivation?

- A. Taking frequent breaks
- B. Having a purpose
- C. Avoiding challenges
- D. Following popular trends

Answer: _____

6. How does Mike suggest students should deal with feeling overwhelmed by life's pressures?

- A. Lower their expectations
- B. Compare themselves to others
- C. Understand their unique potential
- D. Focus only on short-term goals

Answer: _____

7. According to Mike, what is essential for learning and growing in life?

- A. Avoiding mistakes at all costs
- B. Following what others do
- C. Working hard and embracing the process
- D. Waiting for the perfect moment

Answer: _____

****Written Response Questions****

8. Discuss the significance of "failing forward" as mentioned by Mike Diamond. How can this perspective change one's approach to challenges and setbacks?

9. Mike Diamond highlights the importance of writing down one's thoughts and feelings. Explain how this practice can contribute to personal growth and mental well-being.

10. Reflect on Mike Diamond's journey and the advice he gives about finding one's purpose and passion. How can his insights help you in identifying and pursuing your own goals and aspirations?
