

Adam Jablin

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

1. What is Adam Jablin known for?

- A. Being a life coach and recovery mentor
- B. A professional athlete
- C. A famous chef
- D. A tech entrepreneur

Answer: _____

2. What major project did Adam Jablin create?

- A. The Hero Project
- B. A new social media platform
- C. An AI-driven therapy app
- D. A nutrition and wellness program

Answer: _____

3. Which fields has Adam Jablin worked with?

- A. Professional sports, military, and entertainment
- B. Culinary arts
- C. Software development
- D. Real estate

Answer: _____

4. How does Adam Jablin manage his focus amidst distractions?

- A. By ignoring technology
- B. Scheduling regular social media breaks
- C. Time management techniques
- D. Completely isolating himself

Answer: _____

5. What does Adam Jablin prioritize for a fulfilling life?

- A. Fame and wealth
- B. Peace over happiness
- C. Competitive success
- D. Social status

Answer: _____

6. For how many days in a row did Adam Jablin run a minimum of a 5k?

- A. 100 days
- B. 200 days
- C. 300 days
- D. 400 days

Answer: _____

7. What aspect does Adam focus on to maintain enthusiasm and purpose?

- A. Networking
- B. Physical health
- C. Control of focus
- D. Learning new skills

Answer: _____

****Written Response Questions****

8. Discuss how Adam Jablin's experience with addiction and recovery influenced his career path and led to the creation of the Hero Project.

9. Reflect on the importance of daily practices like prayer, meditation, and exercise in maintaining mental health and focus according to Adam Jablin.

10. Adam Jablin emphasizes not comparing oneself to others. Write about the impact of social comparison on mental health and how one might find peace and fulfillment without comparison.
