

Name \_\_\_\_\_

## The Adventure of Self-Discovery

### Multiple Choice Questions

1. Why is knowing yourself important?
  - a) It helps you control others.
  - b) It allows you to make better decisions and build healthier relationships.
  - c) It helps you become a superhero.
  - d) It prevents stress and anxiety.
  
2. What is one way to engage in self-reflection?
  - a) Ignore your thoughts and feelings.
  - b) Write down your thoughts and emotions in a journal.
  - c) Avoid asking for feedback from others.
  - d) Set unrealistic goals.
  
3. How does knowing yourself contribute to personal growth?
  - a) It prevents you from making mistakes.
  - b) It helps you understand your weaknesses but not your strengths.
  - c) It allows you to set and work towards self-improvement goals.
  - d) It makes you overconfident.
  
4. What can you gain from exploring your interests?
  - a) More boredom.
  - b) Insights into your passions and preferences.
  - c) A shorter to-do list.
  - d) Stress and anxiety.
  
5. Why is it important to embrace mistakes?
  - a) Because mistakes are embarrassing.
  - b) Because they provide opportunities for learning and growth.
  - c) Because they can be hidden from others.
  - d) Because they make you look perfect.

