

## Practicing with Presence and Purpose

1) In terms of positive psychology, the Good Life is:

- finding a way to have a good time
- recrafting your work, love, and family life to find the goodness in existing life
- not having to do housework ever again
- finding ways to

2) Who was the father of positive psychology?

- Martin Luther King Jr.
- Martin Seligman
- Martin Short
- Martin Sheen

3) The difference between passion and purpose is that passion is what you love to do and purpose is the reason we do the things we do. T or F

4) If we don't know sadness, we can still know joy. T or F?

5) Purpose is

- adding value to the lives of others while you are creating value in your own life.
- cleaning your workspace.
- turning in your documentation on time.
- finding a way to give yourself a vacation.

6) Finding creative ways to connect and process issues and struggles with our clients by helping them identify their passion and their purpose is a positive way help them transcend their daily struggle. T or F?

7) Signature Strengths are:

- what you're good at
- that which gives you energy
- the characteristic you use the most
- all of the above

8) Clients lose their strengths when they are struggling or suffering from symptoms of mental illness. T or F

9) Values can be defined as:

- being selfish
- finding money in the street
- a life direction, an internal compass which guides us.
- learning how to love

10) When our clients are in pain, we need to be aware that they are

- selfish
- suffering a loss that is related to a value
- feeling sorry for themselves
- all of the above