

GAIN TIME & ENERGY / Quiz Q&A.

Check your responses 

1. Are you in the subconscious or conscious state when you are angry, frustrated or upset with Bob?

Subconscious

Conscious

No idea :(

2. When someone aggressively criticizes you in front of others, how should you react or perceive the person?

I immediately feel vulnerable, threatened and would go on the offensive and hit back twice as hard.

I see the person as Bob manifesting itself. This person is a reality made of flesh, blood, bones, skins, stomach and a mouth that churns out words!

I decide I don't want Bad Bob to steal my time and energy again and will just listen with a smile :)!

Don't know!

3. Which of the below thoughts would rob your time and energy if you got whacked by Bob's Gang of Bullies?

You don't like him/her (for criticizing you in public)

He/she is an asshole attacking you!

What are those present going to think?

You're going to lose the esteem of others!

Who's he/she anyway?

You want to be liked/respected (by everyone)

Not the faintest idea.

4. If you reacted negatively to people or situations and was not fast enough to change psychological states to be in the here and now, what could be the cause?

[] **Don't have a clue :(**

[] **I simply forgot to train my reflex and schedule my smartphone to ring 3 times a day.**

[] **None. I love getting whacked by Bob. No pain, no gain! I don't get any attention if I don't complain. Playing victim is my game!**

5. What if a friend got whacked by Bob and felt really bad because of your decision. You didn't invite him to your party and he's now sulking and avoiding you.

[] **I tell him I'm the one who decides and he'd better understand what Bob means, or he's gonna get whacked again next time he crosses my path.**

[] **Let him sulk. I would not worry too much about his losses.**

[] **I would apologize first, then explain why he wasn't invited. Then share this million-dollar tool (Dancing with Bob) with him and allow me to be his hero.**

6. What if you got whacked by Bob yourself and got pounded to the ground by his Gang?

[] **I won't. I'll have my smartphone scheduled to ring 6 instead of 3 times a day! This would flush out Bob's Bullies and let me walk in peace all day.**

[] **I'm getting to know the Gang pretty well. Just need to snap my fingers and pull the carpet off their feet.**

[] **Got to practice more to avoid getting Gang-banged.**

7. Is Bob a Cool Dude, a Skid-zo or a Tantalizing Devil that could get you in trouble?

[] **Cool Dude**

- [] Skids-zo
- [] Tantalizing Devil (got me in sin and greed)
- [] Just REALITY.

8. Are you rocking and rolling with Big Good Bob? Tell us what happened.

- [] Yeah, just enrolled for the Bip-Bop dance course :)
- [] I appreciate my Mum more than ever. God bless her.
- [] Wow! Looking forward to the next 24 hours!
- [] Rolling ... after been whacked by Big Bad Bob but recovering fast with waka-waka-here-here.

9. If you managed to gain lots of time and energy does this mean you're rich?

- [] Sure, having more time and energy allows me to create more options and opportunities. Have more time with my family and friends :).
- [] Hell no, I'll be bored with too much time on my hands. I wouldn't know what to do. Twiddle my thumbs?
- [] Time and energy are our company's most important assets controlled by our employees. Without these major resources we would be eaten alive by our competitors. It's vital, we don't waste them.

Is Bob a friend or foe to you?

- [] Foe. Look at all the whackings and bruises I suffered. And I'm not alone. Millions get whacked for no reason – earthquakes, hurricanes, wars ...
 - [] Best friend I ever had. Look at all the things I have and can do with what I have :). I'm given a brain that's worth trillions. If it conked out I could not go into a store to buy another one even if I had trillions in the bank. That's Bob!
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