



Name of the Bundle	Basic Bundle	Subject	Communicative English and Soft Skills
Topic	Positive Attitude	Last updated on	23 April 2024

## Multiple Choice Questions (MCQ) on Positive Attitude.

- Which of the following describes attitude?
  - One's physical posture
  - One's thoughts and feelings
  - One's level of intelligence
  - Showing dominance

**Ans: b. One's thoughts and feelings**

- How does attitude manifest?
  - Through conduct, thinking, and feeling
  - Through humour
  - Through interaction
  - Through external appearances

**Ans: a. Through conduct, thinking, and feeling**

- Attitude is synonymous with \_\_\_\_\_.
  - personality
  - appearance
  - wealth
  - knowledge

**Ans: a. personality**

- What is the primary focus of positive thinking?
  - Only on the negative aspects of situation
  - Only on the positive aspects of a situation
  - On both positive and negative aspects equally
  - On avoiding any thoughts about situations

**Ans: b. Only on the positive aspects of a situation**

- Which of the following is NOT a benefit of positive thinking?
  - Worrying less
  - Enjoying life more
  - Sleeping worse
  - Feeling happier all the time

**Ans: c. Sleeping worse**



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6. How does positive thinking change the way you feel about life?

- It makes life harder
- It makes life seem boring
- It makes you feel hopeless
- It makes life more pleasant

**Ans: d. It makes life more pleasant**

7. While thinking positive, you pay attention to \_\_\_\_\_.

- only the bad aspects
- only the good aspects
- not paying attention to anything
- thinking about both the good and bad aspects

**Ans: b. only the good aspects**

8. Which of the following is a result of practicing positive thinking?

- Becoming mentally strong
- Increased stress
- Lack of sleep
- Feeling more negative

**Ans: a. Becoming mentally strong**

9. Which of the following is a common outcome of positive thinking?

- Feeling disappointed
- Increased satisfaction with life
- Decreased productivity
- Increased negativity

**Ans: b. Increased satisfaction with life**

10. What does a positive attitude teach about mistakes?

- To ignore them
- To view them as learning opportunities
- To avoid making any mistakes
- Increased negativity

**Ans: b. To view them as learning opportunities**

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11. What is important about mistakes in positive thinking?

- a. Promote growth
- b. Spoil name
- c. Getting lost
- d. Making more mistakes

**Ans: a. Promote growth**

12. What's the purpose of asking if others have faced the same problem?

- a. To make others solve the problem
- b. To validate the problem
- c. To avoid solving it
- d. To gain perspective

**Ans: d. To gain perspective**

13. What is the benefit of breaking down a difficult problem?

- a. Making it seem smaller
- b. Avoiding it
- c. Making it more complicated
- d. Increase stress level

**Ans: a. Making it seem smaller**

14. If you're dealing with multiple problems, you can \_\_\_\_\_.

- a. ignore them
- b. solve them all at once
- c. prioritize them
- d. forget them

**Ans: c. prioritize them**



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15. What approach should you take towards other people?

- a. Negative
- b. Neutral
- c. Positive
- d. Avoidant

**Ans: c. Positive**

16. What kind of behavior is encouraged when dealing with others?

- a. Being passive
- b. Being aggressive
- c. Being assertive
- d. Being careless

**Ans: c. Being assertive**

17. What action is recommended towards others to foster positivity?

- a. Paying compliments
- b. Ignoring
- c. Complaining
- d. Disregarding

**Ans: a. Paying compliments**

18. Who has the power to shape our attitude?

- a. Our friends
- b. Ourselves
- c. Our family
- d. Random strangers

**Ans: b. Ourselves**



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19. Developing a positive attitude is \_\_\_\_\_ .
- out of our control
  - a complicated process
  - irrelevant
  - within our reach

**Ans: d. within our reach**

20. Who can develop a positive attitude?
- Anyone
  - Only those born with it
  - Only some people
  - No one

**Ans: a. Anyone**

21. How can a positive attitude be developed and improved through?
- Effort
  - Luck
  - Magic
  - Avoid

**Ans: a. Effort**

22. What habit is recommended for readiness?
- Waking up later
  - Gradually waking up earlier
  - Avoiding early mornings
  - Having irregular sleep patterns

**Ans: b. Gradually waking up earlier**



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23. What is the main message of 'Rise and shine'?

- a. Stay in bed
- b. Give up
- c. Embrace the day with energy
- d. Ignore opportunities

**Ans: c. Embrace the day with energy**

24. What idea is emphasized regarding possibility?

- a. Everything is impossible
- b. Nothing is impossible
- c. Nothing is possible
- d. Something is possible

**Ans: b. Nothing is impossible**

25. What is the message behind "You can do it"?

- a. Doubt yourself
- b. Believe in yourself
- c. Listen to others' doubts
- d. Ignore your capabilities

**Ans: b. Believe in yourself**

26. Which phrase encourages determination?

- a. 'Stay in bed'
- b. 'Give up'
- c. 'Rise and shine!'
- d. 'Stay down'

**Ans: c. 'Rise and shine!'**



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27. Which phrase encourages a positive mindset?

- a. "You can't do it."
- b. "You can do it."
- c. "It's too hard."
- d. "I give up."

**Ans: b. "You can do it."**

28. What action promotes a positive relationship with others?

- a. Being selfish
- b. Being critical
- c. Paying compliments
- d. Being argumentative

**Ans: c. Paying compliments**

29. Which is the suggested way to develop a good attitude?

- a. Avoiding work
- b. Working hard
- c. Taking frequent breaks
- d. Procrastinating

**Answer: b. Working hard**

30. What is recommended regarding friendships for a good attitude?

- a. Build negative friendships
- b. Surround yourself with negative people
- c. Build positive friendships
- d. Avoid friendships altogether

**Answer: c. Build positive friendships**



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31. What is the suggested response when facing difficulties?

- a. Giving up
- b. Keep dwelling on them
- c. Remembering tomorrow as a new day
- d. Ignoring the difficulties

**Answer: d. Remember tomorrow is a new day**

32. Positivity leads to \_\_\_\_\_ .

- a. more negativity
- b. a better attitude
- c. isolation
- d. unhappiness

**Answer: b. a better attitude**

33. Why is trying something new, recommended for improving attitude?

- a. It's boring
- b. It keeps you stuck in old routines
- c. It promotes growth and excitement
- d. It leads to failure

**Answer: c. It promotes growth and excitement**

34. What does it mean to "be your own best friend"?

- a. Ignore your feelings
- b. Constantly criticize yourself
- c. Treat yourself with kindness and understanding
- d. Push yourself beyond limits

**Answer: c. Treat yourself with kindness and understanding**



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35. What is the one advantage of having a hobby during tough times?

- a. It adds more stress
- b. It provides a distraction
- c. It isolates you from others
- d. It encourages negative thinking

**Answer: b. It provides a distraction**

36. Why is trying something new beneficial?

- a. It keeps you stuck
- b. It expands your comfort zone
- c. It limits personal growth
- d. It promotes stagnation

**Answer: b. It expands your comfort zone**

37. What is the significance of asking for a helping hand?

- a. It reinforces independence
- b. It strengthens relationships
- c. It leads to rejection
- d. It creates barriers

**Answer: b. It strengthens relationships**

38. How does 'being your own best friend' influence your attitude?

- a. It encourages selfless
- b. It fosters self-acceptance and self-support
- c. It promotes self-neglect
- d. It leads to self-criticism

**Answer: b. It fosters self-acceptance and self-support**