

A. Multiple Choice

1. What is the main idea of the talk?
 - a. We should make big changes in our lives.
 - b. Small habits can lead to big results.
 - c. Reading books is the best habit.
 - d. People should work harder every day.
2. What does the speaker say is more important than intensity?
 - a. Consistency
 - b. Talent
 - c. Luck
 - d. Ambition
3. Which of the following is NOT mentioned as an example of a small habit?
 - a. Reading ten pages
 - b. Writing something grateful
 - c. Sleeping early
 - d. Walking fifteen minutes

B. True or False

1. The speaker believes success always requires big effort.
2. Habits can help build discipline.
3. The speaker suggests starting with small steps.