



Name: \_\_\_\_\_

Date: \_\_\_\_\_

Grade: \_\_\_\_\_

**CULTIVATING JOYFUL EFFORT**

**QUIZ FOR CLASS ONE**

1. Name the other five of the “perfections” and discuss how joyful efforts relates to them.
2. What are the specific “enemies” that joyful effort helps defeat?
3. Is feeling anger at one’s mental afflictions itself a mental affliction?
4. Give the definition of joyful effort as it is given at the beginning of the seventh chapter of the GUIDE TO THE BODHISATTVA’S WAY OF LIFE.