DIAMOND MOUNTAIN UNIVERSITY

Name: _____
Date: _____
Grade: _____

CULTIVATING JOYFUL EFFORT

QUIZ FOR CLASS SIX

1. Give some examples of how unhealthy pride might get in the way of one's spiritual practice.

2. What is the difference between "pride" and "confidence" according to Gyaltsab Je, the Tibetan commentator on the GUIDE?

3. List the problems associated with "bad" pride, which Master Shantideva cautions us to avoid as we build up our positive feelings of "good" pride or self-confidence in our practice.