

## **Exercise - Exploration course**

*You can print this exercise to be able to write your answers beside the questions. You can also note only your answers on a paper.*

### **Question 1**

True or false: nails protect the sensitive nerve endings in the finger tips.

Select one:

- True
- False

**For next three questions, look at the following photo :**



### **Question 2**

Here is Adam's right hand. Describe Adam's nails by selecting the correct answer:

Select one:

- a. Adam's nails are flared
- b. Adam's nails are short
- c. Adam's nails are broad
- d. Adam's nails are long and narrow

### **Question 3**

How will Adam's nails express in his personality?

Select one:

- a. Adam is critical.
- b. Adam is easy-going.
- c. Adam is aesthetic.
- d. Adam is prone to nervous strain.

## Question 4

What recommendations would you suggest to Adam?

Select one:

- a. Be more tolerant with others.
- b. Don't be so demanding on others.
- c. Develop greater enthusiasm.
- d. Success will come when you feel grounded and calm.

## Question 5

For each description, select the appropriate answer

Feeling uptight, he is prone to nervous anxiety.

Choose your answer in this list:

Must guard against biting his nails when feeling uptight.

- Short nails
- Long and narrow nails
- Broad nails
- Short nails

Easily aggravated when his exacting demands are unfulfilled.

Must guard against intolerance.

Perfectionist.

Graceful.

Easily upset with himself when not meeting his high standards.

Able to absorb stress.

Open to new ideas.

Delicate constitution.

## Question 6

Put the suggested words at the right place in the following text:

A person with broad nails  and at ease. He is , patient and broadminded. His nervous system  and allows him to have peaceful interchanges with others.

The one who has long and narrow nails is  and gentle, with a strong aesthetic sense. He  and he can not actualize his ideas easily due to the  of his nervous system.

The one with flared nails, . He desires to share and accomplish a great dare but he overtaxes his already fragile nervous system and is . Because he lacks the nervous system , he should prepare himself adequately before taking a new project.

The one with short nails  because he does not feel safe or confident. So he is  and prone to temperamental outburst. The inadequate protection of his nervous system .

is healthy	impressionnable
reacts aggressively	lacks of robust constitution
feels confident	reacts easily when provoked
makes him feeling exposed and vulnerable	prone to nervous strain
unpredictable	to carry goals in a calm manner
enthusiastic	lack of strenght and endurance

*Look at the document «Exercise - Answers » to see the correct answers.*

*In courses, all the exercises are online and correction is automatic.*