

Life, Love, and Money (PFI 1305) Test 1 Practice (Sample)

Study Guide



Everything you need from our exam experts!

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. Which describes a life lacking both pleasures and meaning?**
 - A. Driven life**
 - B. Content life**
 - C. Empty life**
 - D. Shallow life**

- 2. What is a credit score and why is it important?**
 - A. A fixed score that never changes.**
 - B. A measure of your annual income.**
 - C. A numeric representation of creditworthiness used by lenders to assess loan eligibility and terms; it affects interest rates and approval.**
 - D. A rating of your mortgage balance.**

- 3. The exercises you had to do to complete Assignment 1 Part 2 are most aligned with which habit?**
 - A. Habit 3**
 - B. Habit 2**
 - C. Habit 1**
 - D. Habit 4**

- 4. In Actualization, which term is listed as 'Facilitator'?**
 - A. Post-production**
 - B. Older age**
 - C. Invest in money**
 - D. Facilitator**

- 5. Which description matches Scale 4?**
 - A. It measures overall self-worth with a range of 10-40**
 - B. It measures negative emotions with a range of 8-40**
 - C. It indicates belief in control over events with a range 0-100**
 - D. It reflects belief in ability to complete tasks with a range 10-40**

- 6. Which describes life focused on quick thrills with little reflection?**
- A. Shallow life**
 - B. Empty life**
 - C. Driven life**
 - D. Content life**
- 7. Self-Determination Theory describes a rewarding job as having which core characteristics?**
- A. Autonomy, Independence, Wealth**
 - B. Motivation, Effort, Dedication**
 - C. Freedom, Control, Power**
 - D. Autonomy, Competence, Relatedness**
- 8. Which term describes happiness based on pleasure and avoidance of pain?**
- A. Eudaimonia**
 - B. Contentment**
 - C. Hedonia**
 - D. Satisfaction**
- 9. High hedonia and low eudaimonia lead to what type of life quality?**
- A. Meaningful Life**
 - B. Deep Life**
 - C. Fulfilled Life**
 - D. Shallow Life**
- 10. Which pair are the two components described in dual-self theory?**
- A. Neuron and Glia**
 - B. Left brain and Right brain**
 - C. Cortex and Limbic**
 - D. Elephant and Rider**

Answers

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1. C
2. C
3. C
4. D
5. A
6. A
7. D
8. C
9. D
10. D

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Explanations

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1. Which describes a life lacking both pleasures and meaning?

- A. Driven life
- B. Content life
- C. Empty life**
- D. Shallow life

This question tests recognizing a state where there's neither pleasure nor meaning in life. Describing a life as empty conveys that both hedonic enjoyment and a sense of purpose are missing, leaving experiences feel void and motivation low. People generally expect well-being to include both moments of joy and a sense that life has significance or direction; when both are absent, the overall experience feels hollow. A driven life centers on goals and achievement and often carries meaning even if pleasure isn't constant. A content life involves positive feelings and satisfaction, though not necessarily deep meaning. A shallow life may lack depth and significance, but it isn't guaranteed to be without all pleasure. So the description that captures lacking both pleasures and meaning is an empty life.

2. What is a credit score and why is it important?

- A. A fixed score that never changes.
- B. A measure of your annual income.
- C. A numeric representation of creditworthiness used by lenders to assess loan eligibility and terms; it affects interest rates and approval.**
- D. A rating of your mortgage balance.

A credit score is a numeric snapshot of how risky you are as a borrower, used by lenders to decide whether to loan you money and under what terms. It reflects patterns in your credit history, including whether you pay on time, how much of your available credit you're using, how long you've had credit, any new accounts, and the mix of credit types you use. Because these signals indicate risk, a higher score generally means easier loan approval and lower interest rates, while a lower score can lead to higher rates or denial. The score isn't fixed and can change as your payment habits and credit activity change. It doesn't measure your income or your current mortgage balance. Lenders typically rely on models like FICO or VantageScore, with scores ranging roughly from 300 to 850; keeping balances low and paying on time helps push the score upward.

3. The exercises you had to do to complete Assignment 1 Part 2 are most aligned with which habit?

- A. Habit 3**
- B. Habit 2**
- C. Habit 1**
- D. Habit 4**

Being proactive means taking responsibility for your actions and shaping outcomes rather than simply reacting to situations. The exercises for completing Assignment 1 Part 2 likely required you to assess what you can control, plan a concrete approach, and follow through with deliberate steps. That kind of initiative and self-management shows you taking charge of the task and your results, which is exactly what Habit 1 is about. Habit 2 would focus more on defining purpose or vision before acting, Habit 3 on prioritizing and managing time, and Habit 4 on collaboration and mutual benefit. Since the emphasis of these exercises is on taking action and owning the process, Habit 1 is the best fit.

4. In Actualization, which term is listed as 'Facilitator'?

- A. Post-production**
- B. Older age**
- C. Invest in money**
- D. Facilitator**

Recognizing the exact label mapping in Actualization is the key idea here. The item that is listed as “Facilitator” is the one whose term literally matches that label. Among the options, the only one that reads exactly as Facilitator is the correct choice. The other terms—Post-production, Older age, Invest in money—are different concepts and do not carry the Facilitator label, so they don’t fit.

5. Which description matches Scale 4?

- A. It measures overall self-worth with a range of 10-40**
- B. It measures negative emotions with a range of 8-40**
- C. It indicates belief in control over events with a range 0-100**
- D. It reflects belief in ability to complete tasks with a range 10-40**

Scale 4 is about how a person views their own value—overall self-worth or self-esteem. The description that matches is the one that says it measures overall self-worth with a range of 10-40 because that captures global self-esteem: a person's general sense of their worth as a person across situations. The different ranges and descriptions point to other constructs—negative emotions relate to mood, belief in control over events relates to locus of control, and belief in ability to complete tasks relates to self-efficacy. Since Scale 4 targets overall self-worth, the 10-40 range best fits that concept, with higher scores indicating higher self-esteem.

6. Which describes life focused on quick thrills with little reflection?

- A. Shallow life**
- B. Empty life**
- C. Driven life**
- D. Content life**

The main idea is depth versus superficiality in how a person lives. When life is described as chasing quick thrills with little reflection, it points to surface-level experiences chosen for immediate excitement rather than for growth or lasting meaning. That's what a shallow life embodies: actions and choices ruled by momentary sensations, with little thought about consequences, values, or long-term goals. The other options describe different patterns—being driven emphasizes purposeful striving and planning, a content life centers on satisfaction and inner peace, and an empty life suggests a lack of meaning but doesn't specifically capture the preference for quick, reflexive thrills. So the label that best fits this description is the shallow life.

7. Self-Determination Theory describes a rewarding job as having which core characteristics?

- A. Autonomy, Independence, Wealth**
- B. Motivation, Effort, Dedication**
- C. Freedom, Control, Power**
- D. Autonomy, Competence, Relatedness**

Self-Determination Theory centers on three basic psychological needs that, when satisfied at work, make a job feel rewarding: autonomy, competence, and relatedness. Autonomy means having meaningful choice and self-direction in how work is done. Competence involves feeling effective, capable, and able to master tasks with appropriate feedback. Relatedness is about feeling connected to others and that you belong within a supportive work community. The option that lists autonomy, competence, and relatedness aligns exactly with these core needs, so it best describes what makes a job rewarding under this theory. When a role supports these needs—giving you ownership over your work, clear opportunities to develop skills, and positive, collaborative relationships—the work is more intrinsically motivating and satisfying. Other descriptions shift toward outcomes or different ideals (like wealth, sheer motivation, or power) that aren't the three universal needs SDT identifies. They may describe what people hope to gain or how they might feel, but they don't capture the fundamental elements that make tasks inherently rewarding according to the theory.

8. Which term describes happiness based on pleasure and avoidance of pain?

- A. Eudaimonia**
- B. Contentment**
- C. Hedonia**
- D. Satisfaction**

The idea here is the hedonic view of happiness, where well-being is measured by pleasure and the avoidance of pain. Hedonia captures this, describing a state or approach focused on maximizing pleasurable experiences and minimizing discomfort. It contrasts with eudaimonia, which is about flourishing through virtue and meaningful living, and with contentment or satisfaction, which are broader feelings of being okay with one's circumstances rather than a direct pleasure-pain calculation. So the term that best fits is hedonia.

9. High hedonia and low eudaimonia lead to what type of life quality?

- A. Meaningful Life**
- B. Deep Life**
- C. Fulfilled Life**
- D. Shallow Life**

The idea being tested is how well-being comes from two different strands: hedonia, which is pleasure and positive feelings, and eudaimonia, which is meaning, purpose, and personal growth. When you have a lot of hedonic pleasure but little eudaimonic meaning, experiences feel good in the moment but don't add up to a deeper, lasting sense of fulfillment. Pleasure can be short-lived, and without meaning or growth, the overall quality of life tends to feel shallow. That's why this option fits best: a life dominated by pleasure without meaningful substance is described as shallow. A life that is genuinely meaningful or deeply fulfilling would require substantial eudaimonic elements, and a deep or meaningful life implies more than just momentary pleasures. So high hedonia with low eudaimonia points to a life that's pleasant but lacks depth and lasting significance.

10. Which pair are the two components described in dual-self theory?

- A. Neuron and Glia**
- B. Left brain and Right brain**
- C. Cortex and Limbic**
- D. Elephant and Rider**

Dual-self theory uses two interacting parts to explain behavior: the elephant, which embodies automatic, emotion-driven impulses, and the rider, which represents conscious reasoning and self-control. The rider can plan and direct, but the elephant's powerful cravings and quick urges often pull us off track. Understanding this helps explain why people intend to act one way yet feel driven to act differently, and why strategies that align the elephant's motivations with the rider's plans—like shaping the environment or building simple routines—improve self-control. The pair described here is the elephant and the rider. The other options refer to different brain concepts (brain cells, hemispheric specialization, or separate brain regions) and don't capture the dual-self metaphor.

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Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://pfi1305.examzify.com>

We wish you the very best on your exam journey. You've got this!

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