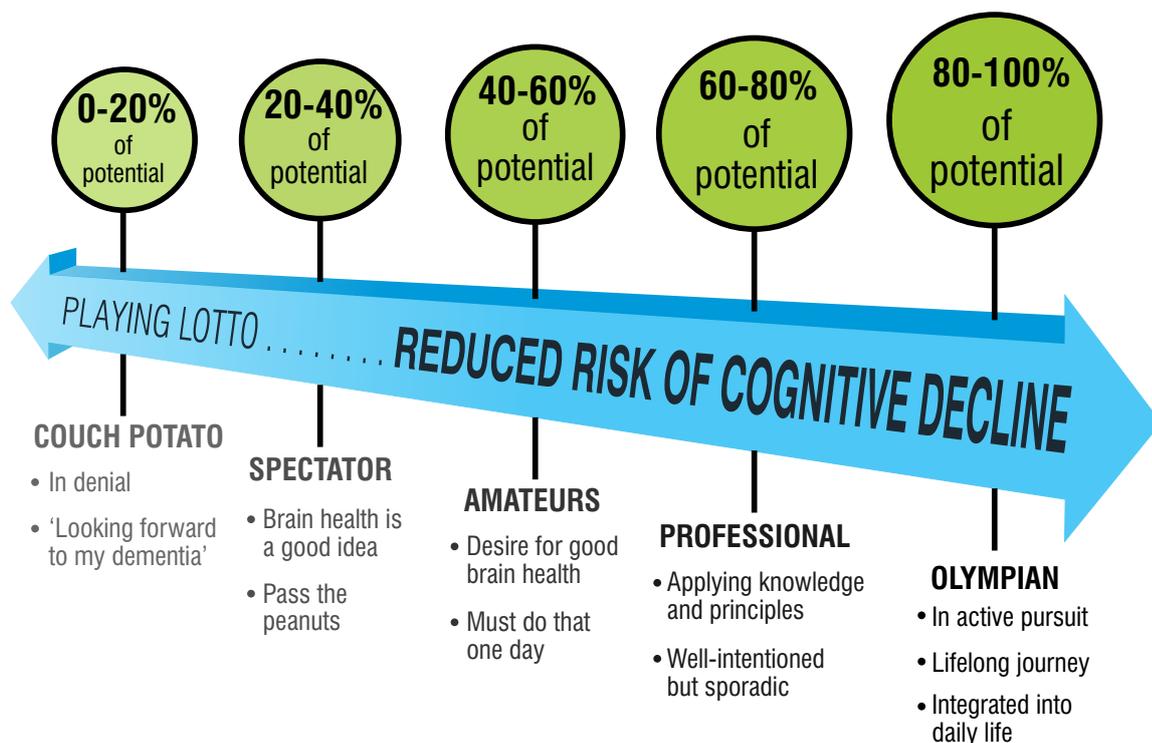
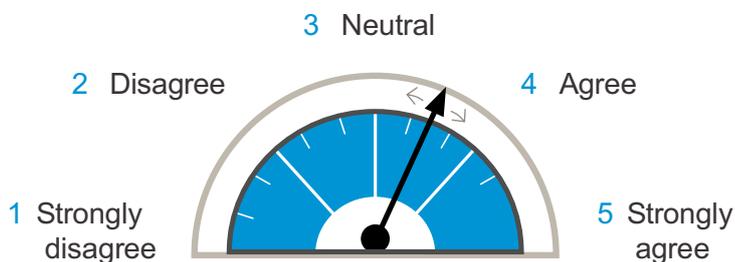


A diagnostic to check your brain education status!



How do you stack up?

Looking at this scale, rate yourself against the following statements:



I actively focus on developing and improving my brain health and capacity.

1 2 3 4 5

I rarely experience the effects of mental stress.

I understand how my brain works and use that knowledge in my daily decisions.

1. Creating a Brain Enhancing Environment

	1	2	3	4	5
I am conscious of the quality and quantity of air I inhale and take deliberate action to ensure both.	<input type="radio"/>				
I have plenty of green, air-cleaning plants in my home and work environments.	<input type="radio"/>				
I do not have to deal with, or have effectively managed, noise in my work or home environment.	<input type="radio"/>				
I regularly listen to soothing or instrumental/classical music or sounds.	<input type="radio"/>				
I turn off all blue-light devices two hours before retiring in the evening OR I use apps to reduce the stimulating effect of that blue-light.	<input type="radio"/>				
I have full-spectrum lighting in my home and work environments.	<input type="radio"/>				
I operate in the 'good stress' zone.	<input type="radio"/>				
I manage stressful situations well - have a process I use to return me to calm when I am in challenging and stressful situations.	<input type="radio"/>				

2. Nourishing my brain

	1	2	3	4	5
I maintain a healthy weight, and can exercise control over my eating habits.	<input type="radio"/>				
I exercise regularly, and include both walking, and more vigorous exercise in my routine.	<input type="radio"/>				
I get good quality sleep every night.	<input type="radio"/>				
I nap regularly.	<input type="radio"/>				
I consciously consume sufficient water to keep my brain hydrated.	<input type="radio"/>				
I know what foods are good for my brain, and I deliberately ensure they are part of my diet.	<input type="radio"/>				
I avoid sugary drinks (soft drink and non-fresh juices)	<input type="radio"/>				

3. Building Brain Capacity

	1	2	3	4	5
I have a sharp memory, and have no trouble remembering things.	<input type="radio"/>				
I find it easy to maintain focus.	<input type="radio"/>				
I have a high level of self-control.	<input type="radio"/>				
I have a high level of emotional control.	<input type="radio"/>				
I engage in regular and deliberate brain-training and stimulation activities.	<input type="radio"/>				
I avoid multi-tasking.	<input type="radio"/>				

4. Taking Control of my Brain

	1	2	3	4	5
I harness the power of neuroplasticity and direct my attention deliberately to exercise control over how my brain grows and develops.	<input type="radio"/>				
I am aware of my thinking and behavioural habits and feel that I have control over them - in other words they are useful habits that serve me well.	<input type="radio"/>				
I am able to control my emotional responses.	<input type="radio"/>				

5. Achieving PEAC Brain Performance

	1	2	3	4	5
I love the challenges in my life. I am rarely anxious or bored and operate regularly in my optimum performance 'zone'.	<input type="radio"/>				
I find it easy to adapt and be flexible. Life is crazy, but I can deal with it.	<input type="radio"/>				
I find it easy to 'think outside the box' when I need or want to.	<input type="radio"/>				

Score

Mostly 5's (or a score between 121 and 150)

You are an Olympian! Well done. You are consciously and deliberately taking an active role in setting your brain up for its optimum health and productivity.

Mostly 4's (or a score between 91 and 120)

You are a professional! You are well on your way to optimum health and making a few minor adjustments will simply enhance your life experience in terms of brain health and productivity.

Mostly 3's (or a score between 61 and 90)

Ok, so in terms of our scale, **you are an amateur**, but the fact that you are doing this diagnostic means that you will be heading up the scale soon!

Mostly 2's (or a score between 31 and 60)

You are a spectator in this game at the moment, but once you start to see the benefits of taking tangible action, you will be moving to a better brain space soon.

Mostly 1's (or a score between 0 and 30)

Ok, so the only way is up! Congratulations for starting the process that will lead to a huge payoff. Let's start to move your Couch Potato status!