

Aging Brain Audit

(** See Action Steps 1 & 2 below **)

What do you want to learn to impact your future quality of life?	High	Med	Low	Top3
<p>Group 1: <u>Understanding Your Brain and What It Can Do For You As You Age</u></p> <ol style="list-style-type: none"> 1. Help your brain to age gracefully – learn how your brain works, sooner rather than later? 2. Your brain shapes your life – learn what brain systems help you to do what you? 3. Build on your strengths – learn what aspects of your brain’s performance you can influence? 4. Make more informed life decisions – learn what’s important to you about your brain? 				
<p>Group 2: <u>(Lifelong) Brain Development and Learning How To Manage Yours</u></p> <ol style="list-style-type: none"> 5. A good beginning can provide lifelong opportunities – learn about pre-birth & baby brains? 6. Young brains benefit from hanging out with adults – learn why, & how childhood brains work? 7. Adolescent behaviours are about boundaries & feedback – learn about teenage brains? 8. Each of our brains is aging – learn about our brain health risks & how to best manage them? 9. Many of us have, or will have, brain health conditions (AD/HD, Autism, Addiction, Allergies, Anxiety, Depression, Asthma, Asperger’s, Dyslexia, Alzheimer’s and other forms of Dementia, Brain Injuries, more ...) – learn what we know and how it can help us and those around us? 				
<p>Group 3: <u>Increase/Enhance Your Capacity to the Level That Works For You</u></p> <ol style="list-style-type: none"> 10. Change can be good for your brain health and your life – learn to take charge of change? 11. Everything you eat and drink impacts your brain’s development, wellbeing and quality of life – learn to make your best choices to help your brain to produce and enjoy your best results? 12. Sleep is the most important driver of your long term brain health – learn to manage yours? 13. Your physical exercise can nourish your brain, improve your performance, and help you to accelerate the growth of new brain cells – learn what’s useful and how to manage yours? 14. Your brain is naturally social – learn to manage your relationships and social interactions? 15. Your (physical, mental, emotional, and spiritual) environment will support or undermine your brain’s performance – learn what works best for your gently aging brain and why? 16. Your brain & time can be a thriving partnership or a frustrating challenge – learn to win-win? 17. Understand brain gender differences and the process of aging – learn what, why, how? 18. A Longevity Plan and managing your Biological Age – live longer & better, take charge of it? 				
<p>Group 4: <u>Put More of Your (Lifelong) Natural Capacity to Work For You</u></p> <ol style="list-style-type: none"> 19. Your brain naturally works visually – learn to get more done, in less time, with better results? 20. Your brain can read, learn and manage knowledge faster and better – would this be useful? 21. Your brain can analyze & study more effectively – would better learning results be useful? 22. Your brain can take tests and exams more effectively – would learning how be useful? 23. Your brain can produce more effective written & verbal reports, summaries, presentations, speeches, letters and other communications materials faster & better – useful to you now? 24. Your recall enables your present; your memories shape your future – would learning to use more of your natural memory and recall capacity help you to produce better life results? 25. Creativity & innovation drive your future – should you take charge of building more of yours? 26. Your brain looks after your thinking, intuition, attitudes, beliefs, perception, concentration and decision-making – would learning how these work help you to enjoy better life results? 				
<p>Group 5: <u>Manage Your Brain To Do Its Best Work For You – At Any Age!</u></p> <ol style="list-style-type: none"> 27. Your brain can help you to achieve your goals – learn how to engage and guide your brain? 28. Your state is the key to your capacity – learn what states work best, and how, for your brain? 29. Your brain can feed on, or be consumed by, stress – learn to put that stress to work for you? 30. Your brain uses music to tune, feed, prime, exercise, & manage itself – learn to do it better? 31. The most important thing you do each day is to take great care of your brain – would you like to learn how to exercise your brain using neurobics, Brain Gym, and other methods & tools? 32. Your brain is intelligent in various ways – would you like to learn how to put Emotional Intelligence (Self-Awareness, Self-Regulation, Motivation, Empathy, Social Skills, Self-Confidence, Self-Esteem, relating to ourselves and to others) to best use in day-to-day living? 33. Leading, managing and coaching with the brain in mind can help you to produce better learning and living results when you work with, or through, others – would this be useful? 34. Learning with your brain in mind as you age will help you to learn faster & better, and to enjoy worthwhile learning and other life results sooner – would this be useful to you lifelong? 35. Living, learning & working with your brain in mind will change your life – learn now? Or later? 				

Action Steps: 1. For each of the 35 Topics above, indicate the usefulness to you of learning more as **High, Medium** or **Low**.
 2. Then, in the ‘Top3’ column, **identify the three Topics** that would have the greatest impact for you.