

Sports Brain Audit

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

What do you need to learn about exercise & sports and the brain?	High	Med	Low	Top3
<p>Group 1: <u>Your Brains and What They Can Do For You and Your Family</u></p> <ol style="list-style-type: none"> 1. Your child's brain will determine the quality of her/his life – learn how their brain works? 2. Their brain shapes their life – learn what brain systems help them to do what they do? 3. Build his/her strengths – learn what aspects of their brain's performance I/we can influence? 4. Make more informed life decisions – learn what's important to them about their brain? 				
<p>Group 2: <u>(Lifelong) Brain Development and How To Manage Theirs/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 Their Capacity to the Level That Works For Them</u></p> <ol style="list-style-type: none"> 10. Change can be good for our brain health and our lives – learn to take charge of change? 11. Everything we eat and drink impacts our brain's development, wellbeing and quality of life – learn to make our best choices to help us produce and enjoy our best results? 12. Sleep is the most important driver of our long term brain health – learn to manage ours? 13. Our physical exercise/sports can nourish our brains, improve their performance, and help us to accelerate the growth of new brain cells – learn what's useful and how to manage ours? 14. Our brains are naturally social – learn to manage our relationships and social interactions? 15. Our (physical, mental, emotional, and spiritual) environment will support or undermine our brain's performance – learn what works best for our developing brain(s) and why? 16. The brain & time can be a thriving partnership or a frustrating challenge – learn to win-win? 17. Understand brain gender differences & the process of growing up – learn what, why, how? 18. A Longevity Plan & managing her/his Biological Age – live longer & better – take charge of it? 				
<p>Group 4: <u>Put More of Their Natural Capacity to Work For Them and For You</u></p> <ol style="list-style-type: none"> 19. Their brain naturally works visually – learn to get more done, in less time, with better results? 20. Their brain can read, learn and manage knowledge faster and better – would this be useful? 21. Their brain can analyze & study more effectively – would this lead to better learning results? 22. Their brain can take tests and exams more effectively – would learning how be useful? 23. Their brain can produce more effective written & verbal reports, summaries, presentations, speeches, letters and other communications materials faster & better – useful now? 24. Our recall enables our present; our memories help us to shape our future – would learning to use more of our natural memory & recall capacity help us to produce better life results? 25. Creativity and innovation drive our future – should we take charge of building more of ours? 26. Our brain looks after our thinking, intuition, attitudes, beliefs, perception, concentration and decision-making – would learning how these work lead to better learning and life results? 				
<p>Group 5: <u>Manage Your Family's Brains To Do Their Best Work For All of You</u></p> <ol style="list-style-type: none"> 27. Our brain can help us to achieve our goals – learn how to engage and guide his/her brain? 28. Our state is the key to our capacity – learn what states work best for us & our brain(s)? 29. Our brain can feed on, or be consumed by, stress – learn to put that stress to work for us? 30. Our brain uses music to tune, feed, prime, exercise, and manage itself – learn to do it better? 31. The most important thing I do each day is to take great care of my brain – would it be useful to learn how to exercise our brains using neurobics, Brain Gym, and other methods and tools? 32. Her/his brain is intelligent in various ways – would it be useful to learn 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 us to produce better learning and living results when we work with, and through, others – would this be useful? 34. Parenting and learning with the brain in mind will help us to learn faster & better, and to produce better learning and other life results sooner – would this be useful to us? 35. Living, learning & working with our brains in mind will change our lives – learn now? Or later? 				

Action Steps: 1. For each Topic above, indicate the impact on improving your performance as **High, Medium** or **Low**.
 2. Then, in the 'Top3' column, **identify the three Topics** that would have the greatest impact on your performance.