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MAGNIFICENT MIND AT ANY AGE

Bad Brain Habit Quiz

Please rate each question on a scale of 0 – 4.

0 1 2 3 4

NA

Never Rarely Occasionally Frequently Very Frequently

___ 1. My diet is poor and tends to be haphazard.

___ 2. I do not exercise.

___ 3. I put myself at risk for brain injuries, by doing such things as not wearing my seat belt, drinking and driving, engaging in high risk sports, etc.

___ 4. I live under daily or chronic stress, in my home or work life.

___ 5. My thoughts tend to be negative, worried or angry.

___ 6. I have problems getting at least 6-7 hours of sleep a night.

___ 7. I smoke or am exposed to second hand smoke.

___ 8. I drink or consume more than 2 normal size cups of coffee, tea or dark sodas a day.

___9. I use aspartame and/or MSG.

___10. I am around environmental toxins, such as paint fumes, hair or nail salon fumes or pesticides.

___11. I spend more than one hour a day watching TV.

___12. I spend more than one hour a day playing computer or video games.

___13. Outside of work time, I spend more than one hour a day on the computer.

___14. I have more than 3 normal size drinks of alcohol a week.

0-6 Great brain habits

7-12 Really good, work to be better

13-20 Fair, you are prematurely aging your brain

>20 Poor, time to be very concerned

14 Bad Brain Habits That May Affect All Age Groups

1. Lousy diet

2. Little exercise

3. Risking brain trauma

4. Chronic stress
5. Negative thinking, chronic worry or anger
6. Poor sleep
7. Cigarette smoke
8. Excessive caffeine
9. Aspartame and MSG
10. Exposure to environmental toxins
11. Excessive TV time
12. Excessive time playing video games
13. Excessive computer time
14. More than a little alcohol

MAGNIFICENT MIND AT ANY AGE outlines natural ways to undo these “bad brain habits” and unleash your brain’s maximum potential.