



The Gordon Brain Score

In 60 Seconds



ASSESS YOUR BRAIN

Lowest 1 _____ 10 Highest

Score 1-10

1. Stress Coping _____

2. Emotion Awareness _____

3. Intuition _____

4. Confirmation Bias Awareness _____

5. Rational _____

6. Prefer time with other people _____

7. Positivity _____

8. Mental Health Coping _____

9. Resilience _____

10. Growth Mindset _____

Scores less than 3.5 = Poor

3.6 - 5.0 = Modest

5.1 - 7.0 = Good

7.1 - 8.5 = Excellent

8.6 - 10 = Exceptional

Total Score:

ANY increase in any score after a new habit creation is "Brain Effectiveness Progress".

See the Habit PLAN at www.DrEvianGordon.com

Test Yourself Online @ www.DrEvianGordon.com