

THE BRAIN From Knowing To Doing! - Tests

My Integrative Wisdom Scores

Use the **QR code** or **web address** below to access a testing webpage containing hyperlinks to all 21 tests listed here.

Test web addresses are also provided in each section.
These tests are described in the assessment section at the end of chapter 1.

Go to: www.DrEvianGordon.com/Tests (Or you QR code on right)



TOTAL BRAIN SCORES

1. Total Brain 4 functions and 12 Capacity Scores

www.totalbrain.com/KnowingToDoing

• *4 Functions:*

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• *12 Capacities:*

- My 3 Emotion Scores:

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- My 3 Feeling Scores:

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- My 3 Cognition Scores:

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- My 3 Self Control Scores:

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• Top Total Brain capacity strength (highest score):

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• Total Brain capacity deficit (lowest score):

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• Total Brain Emotion Bias score:

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2. My Mental Health Condition Flags (Yes/No)

www.totalbrain.com/KnowingToDoing

• Anxiety:

YES	NO

• Depression:

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• Bipolar Disorder:

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• Social phobia:

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• ADHD:

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• PTSD:

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• Addiction:

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• MCI:

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STRESS, POSITIVITY, INTROVERSION, BIAS

3. Stress 360 Score

Test: www.heidihanna.com/free-stress-survey

4. Negativity-Positivity

Test: www.positivityratio.com/single.php

5. Introvert-Extravert

Test: ideas.ted.com/quiz-are-you-an-extrovert-introvert-or-ambivert

6. Non-Conscious Bias

Test: <https://implicit.harvard.edu/implicit/takeatest.html>

PERSONALITY AND VALUES

7. Personality Big 5 Test Scores

Test: <https://www.truity.com/test/big-five-personality-test>

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8. Myers Briggs 4 Type Indicator Personality Scores

Test: www.16personalities.com/free-personality-test

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9. My Top 3 Character & Value Strengths

Test: www.123test.com/personality-test/

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EQ & IQ

10. EQ scores

Test: <https://globalleadershipfoundation.com/geit/eitest.html>

11. IQ score

Test: <https://www.myiqtested.com>

SLEEP, GENETICS, CREATIVITY, READINESS

12. Sleep Owl/Lark

Lark (early to bed early to rise) / Owl (late for both) / Neither

<https://sleepsurge.com/morningness-eveningness-questionnaire/>

13. Sleep / Insomnia

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YES NO YES NO

<https://mysleepprofile.dreem.com>

14. BMI - Body Mass Index

Score greater than 30 is obese

<https://www.calculator.net/bmi-calculator.html>

15. Relationship Attachment and Bonding Style

www.psychologytoday.com/us/tests/relationships/relationship-attachment-style-test

16. Preferred Learning Style

Visual - Auditory - Learn by Doing:

<http://www.educationplanner.org/students/self-assessments/learning-styles-quiz.shtml>

17. Happiness and Satisfaction With Life Score

www.excelatlife.com/questionnaires/swls.htm

18. Creativity CREATE scores

www.shelleycarson.com/creative-brain-test

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19. Spiritual

<https://web.pdx.edu/~tothm/religion/Spiritual%20Quiz.pdf>

20. Genetics

• Top 3 risk factors:

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• Top 3 protective factors:

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www.23andme.com Or <https://mapmygenome.in>

21. Readiness To Change

www.ecfvp.org/files/uploads/2_-change_readiness_assessment_0426111.pdf

My Overall Scores Chart

Use the framework below to add in your scores from the 21 tests that were of most interest to you, as you expand your integrative wisdom as outlined in the book.

The integration of these scores will be explored further in the podcasts about this book, which you will find @:
www.DrEvianGordon.com/podcasts

