



# The Gordon Brain Score

## In 60 Seconds

### Self-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 \_\_\_\_\_

**Total Score:**

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

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

See the Habit PLAN at [www.DrEvianGordon.com](http://www.DrEvianGordon.com)

10 Objective Tests Online @ [www.DrEvianGordon.com](http://www.DrEvianGordon.com)