

Answer each question and give yourself a score for each one.

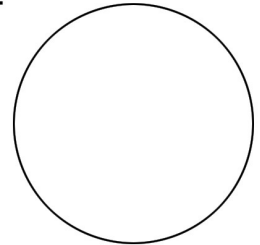
As you complete each section fill in the checkmark. After you've completed all the questions, write your total score in the box. This is your Brain Readiness Score. Higher numbers are better!

_____ In the last 30 days how many times have you had a dream while you were asleep?

_____ On a separate piece of paper draw a maze. It can be as detailed as you like. How long did it take you to complete the maze, in seconds?

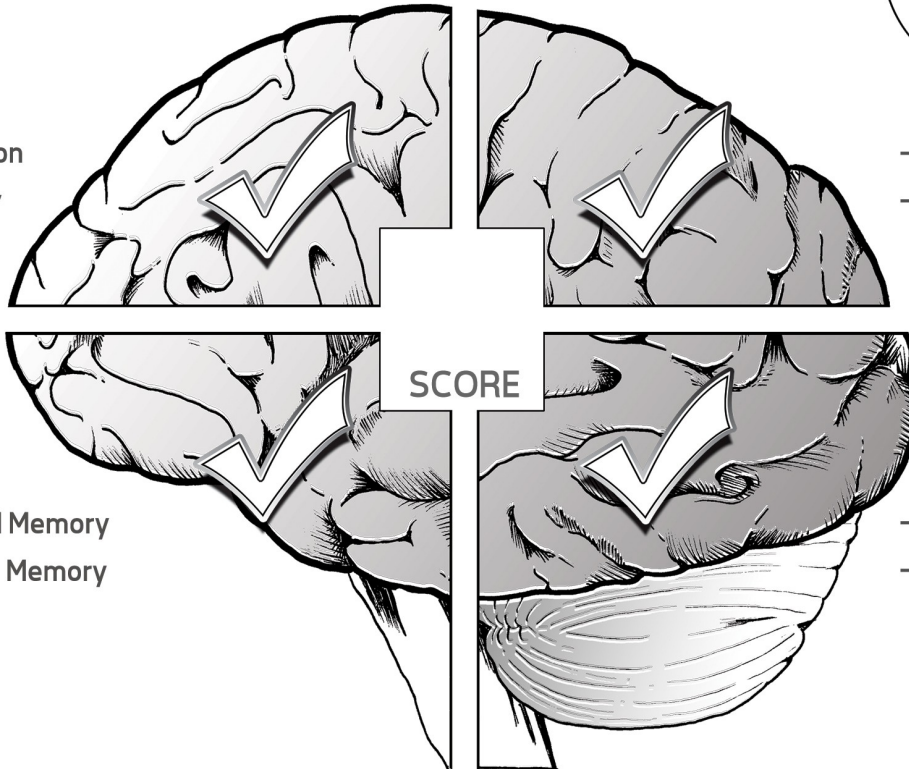
_____ On a scale of 1 - 10, how confident are you that you can draw some simple stick figures?

_____ In the circle, draw a simple emotion. On a scale of 1 - 10, how closely did you make your drawing resemble the actual emotion?



- Imagination
- Creativity

- Using Symbols
- Using your Senses



- Emotional Memory
- Language Memory

- Vision
- Matching Sounds with Words

_____ Think back to the earliest memory you have where you said something. How old were you at the time of that memory?

_____ Think back to the last person who spoke to you. Try and remember how many words they said to you. You can make your best guess.

_____ Think back to the last time you were really happy. In number of hours, how long do you remember being happy?

_____ Take 5 seconds and listen to the sounds around you. Close your eyes and wait 5 seconds. Open your eyes. What is the first thing you see? How many letters are in that object's name?