

Prepping Your Brain

Time to Complete:	5 minutes
Mission:	You will appreciate the important role that your brain plays in being creative and why it needs to be prepared for the challenges of the event.
Outcome:	You will be aware of certain areas of your brain that influence your creativity. You will gain access to these areas. You'll receive a Brain Readiness Score that is indirectly tied to how deeply you accessed that portion of your brain.
Potential Difficulty:	You might not see how certain questions and tasks can actually access your brain but if you're thinking about it, your brain is already involved. You also might add complexity to the questions and not be able to give a simple answer. You might worry if your answer is the truth but don't worry about it, because only you know what's true.
Steps to Complete the Exercise:	<ol style="list-style-type: none">1. Start in any one of the four parts of the brain.2. Answer the questions or do the tasks that are given to you.3. Score your answer based on the scale that each question asks you to use. Some scales are 1 – 10 while others are simple number counts.4. When you complete all the questions in that area, shade in the check mark.5. After you complete all 4 areas and have scores for each answer, add up the scores and put your Brain Readiness Score in the center box. Higher is better.6. Shade in the bubble next to one of the 4 reasons why you want to complete the kit/guide.
Ways to Avoid Failure:	Don't over complicate your answer. The first thing you think is probably the best answer. If you really need to think about it, avoid taking more than 30 seconds. After that you're missing the point.