

# Legislator Brain Audit

( \*\* See Action Steps 1 & 2 below \*\* )

What do you need to impact your desired performance results?	High	Med	Low	Top3
<p><b>Group 1: <u>Your Brain and What It Can Do For You and Your Constituents</u></b></p> <ol style="list-style-type: none"> <li>1. My brain determines the quality of my life – learn how my brain works; make better choices?</li> <li>2. My brain shapes my professional life – learn what brain systems help me to do what I do?</li> <li>3. Build my working strengths – learn what aspects of my brain’s performance I can influence?</li> <li>4. Make more informed working decisions – learn what’s important to me about my brain?</li> </ol>				
<p><b>Group 2: <u>(Lifelong) Brain Development and How To Manage Yours/Theirs</u></b></p> <ol style="list-style-type: none"> <li>5. A good beginning can provide lifelong opportunities – learn about pre-birth &amp; baby brains?</li> <li>6. Young brains benefit from hanging out with adults – learn why, &amp; how childhood brains work?</li> <li>7. Adolescent behaviours are about boundaries &amp; feedback – learn about those teenage brains?</li> <li>8. All of our brains are aging – learn about my/our risks and how I/we can best manage them?</li> <li>9. Many of us have, or will have, brain health conditions (AD/HD, Autism, Addiction, Allergies, Anxiety, Depression, Asthma, Asperger’s, Dyslexia, Alzheimer’s and other forms of Dementia, Brain Injuries, more ...) – learn what we know and how it can help me and those I serve?</li> </ol>				
<p><b>Group 3: <u>Increase/Enhance Your Capacity to the Level That Works For You</u></b></p> <ol style="list-style-type: none"> <li>10. Change can be good for my brain health and my work/life – learn to take charge of change?</li> <li>11. Everything I eat and drink impacts my brain’s development, wellbeing, living, and working performance – learn to make my best choices to help me produce better working results?</li> <li>12. Sleep is the most important driver of my long term brain health – learn to manage mine?</li> <li>13. My physical exercise can nourish my brain, improve its working performance, and help me to accelerate the growth of new brain cells – learn what’s useful and how to manage mine?</li> <li>14. My brain is naturally social – learn to manage my working and other social interactions?</li> <li>15. My (physical, mental, emotional, and spiritual) environment will support or undermine my brain’s performance – learn what works best for my working brain and why?</li> <li>16. My brain &amp; time can be a thriving partnership or a frustrating challenge – learn to win-win?</li> <li>17. I know there are differences between my brain and its gender opposite – learn how and why?</li> <li>18. A Longevity Plan and managing my Biological Age – live longer &amp; better – take charge of it?</li> </ol>				
<p><b>Group 4: <u>Put More of the Capacity You’re Already Paying For to Work For You</u></b></p> <ol style="list-style-type: none"> <li>19. My brain naturally works visually – learn to get more done, in less time, with better results?</li> <li>20. My brain can read, learn and manage knowledge faster and better – would this be useful?</li> <li>21. My brain can analyze and study more effectively – would this lead to better working results?</li> <li>22. My brain can apply its training/learning and understanding more effectively – learn how?</li> <li>23. My brain can produce more effective written &amp; verbal reports, summaries, letters, speeches, presentations, and other working communications materials faster &amp; better – useful now?</li> <li>24. My recall enables my present; my memories help me to shape my future – would using more of my natural memory &amp; recall capacity help me to produce better working results?</li> <li>25. Creativity and innovation drive my future – should I take charge of building more of mine?</li> <li>26. My brain looks after my thinking, intuition, attitudes, beliefs, perception, concentration and decision-making – would learning how these work lead to better working results?</li> </ol>				
<p><b>Group 5: <u>Manage Your Brain To Do Its Best Work For You &amp; Those Around You</u></b></p> <ol style="list-style-type: none"> <li>27. My brain can help me to achieve my working goals – learn how to engage &amp; guide my brain?</li> <li>28. My state is the key to my working capacity – learn what states work best for me &amp; my brain?</li> <li>29. My brain can feed on, or be consumed by, stress – learn to put that stress to work for me?</li> <li>30. My brain uses music to tune, feed, prime, exercise, and manage itself – learn to do it better?</li> <li>31. The most important thing I do each day is to take great care of my brain – would it be useful to learn how to exercise my brain using neurobics, Brain Gym, and other methods and tools?</li> <li>32. My brain is intelligent in various ways – would it be useful to learn to put my Emotional Intelligence (Self-Awareness, Self-Regulation, Motivation, Empathy, Social Skills, Self-Confidence, Self-Esteem, relating to myself and to others) to work in my working life?</li> <li>33. Leading, managing and coaching with the brain in mind can help me to produce better working results when I work with, and through, others – would this be useful to me?</li> <li>34. Training and learning with the brain in mind will help me/us to learn faster &amp; better, and to increase my/our return on investment through better results sooner – would this be useful?</li> <li>35. Living, learning &amp; working with my brain in mind will change my life – learn now? Or later?</li> </ol>				

**Action Steps:** 1. For each Topic above, indicate the impact on improving your performance as **High, Medium** or **Low**.  
 2. Then, in the ‘Top3’ column, **identify the three Topics** that would have the greatest impact on your performance.