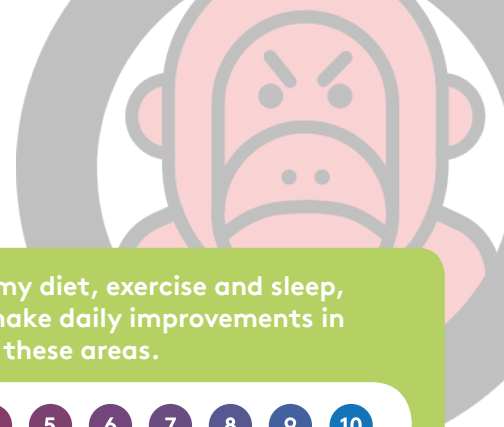


# The A.P.E.® Brain Test - Young Person

Do you want to understand how the A.P.E. Brain® makes it difficult to be healthy, happy and your best at school and in life?



## TAKE THE TEST.

Answer the questions from your own point of view, or on behalf of a person you want to help.



1. I reflect on my diet, exercise and sleep, and plan to make daily improvements in these areas.



2. At the end of the day, I always reflect and highlight what went well, and what I can improve tomorrow.



3. At the end of every week, I reflect on what went well, and plan how I can improve next week.



4. From time to time, I think about my future, and set long-term, medium-term and short-term goals to focus my efforts and achieve major objectives.



5. I regularly update my yearly and monthly calendar to add important work and life activities.



6. I recognise when I am stressed and successfully plan to reduce my stress.



7. I monitor my confidence levels and successfully build up confidence in areas where it is low.



8. I recognise when my emotions are unhelpful and can successfully keep them under control.



9. I successfully plan to improve my productivity levels.



10. I successfully plan to improve my learning and performance in difficult subjects.



11. I successfully plan to improve my exam performance.



## What Next?

1. Circle the area where you think it will be most helpful to make a small adjustment or change.
2. Write down one small thing you will do differently to improve this area:  
\_\_\_\_\_
3. Sign-up to the free online Me Power Academy Programme to learn how to be your best more often and improve your exam grade.



mepoweracademy.co.uk