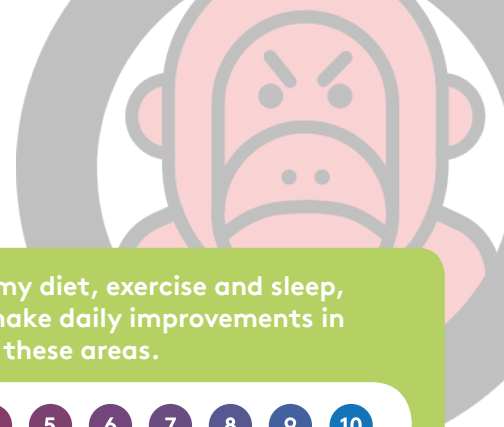


The A.P.E.[®] Brain Test - Teachers

Do you want to understand how the A.P.E. Brain[®] makes it difficult to be healthy, happy and your best at work 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 spend less time dwelling on unhelpful thoughts.



11. I successfully plan to improve my performance as a leader.



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 build more helpful habits and be your best more often.



mepoweracademy.co.uk