

Keeping Your Brain Brilliant

Self-Assessment Part 1

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Disclaimer: The information presented in Keeping Your Brain Brilliant and derived from this self-evaluation form in no way serves as a diagnosis or treatment of any medical condition, nor should it take the place of the advice and treatment offered by a qualified health care practitioner. Consult your healthcare provider before implementing your program.

Mark each line on a scale of 1-5:

5 = you strongly agree with the statement

1 = you strongly disagree with the statement

Frontal Lobe:

Decision making is easy

I find it easy to make good conversation at a party

I can control my impulses and immediate wants

My arms swing smoothly and easily when I walk

My handwriting is unchanged in recent years (and I have no injury to my arm or hands i.e. carpal tunnel)

Total score: If 5-15 consider Frontal Lobe Support

Temporal Lobe/Hippocampus:

Hearing people speak in a crowded room is easy

My short term memory is excellent

Long term memory is excellent

I have no trouble following maps or finding my way

I sleep soundly through the night (as long as my bladder cooperates and no one is waking me)

Total score: If 5-15 consider Temporal Lobe Support

Parietal Lobe:

I can put my hand in a pocket and easily identify coins by touch alone

I never have falls to the right, or balance issues to the right side

I never have falls to the left, or balance issues to the left side

I am excellent at recognizing faces

I am excellent at recognizing numbers

Total score: If 5-15 consider Parietal Lobe Support

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Occipital Lobe:

- I have no floaters that have recently appeared in my vision
- I can identify colors easily
- When an object leaves my visual field, I do not continue to see it
- Objects appear as a normal shape and size when I look at them
- There has been no rapid change in my vision in the past year
- Total score: If 5-15 consider Occipital Lobe Support**

Cerebellum:

- Stripes and patterns never make me feel uneasy or queasy
- My balance is excellent and I can stand with my eyes closed and not fall over
- I can walk in a straight line without falling off the line
- I never get motion sick
- My hand does not shake if I try to bring a spoon of soup to my mouth
- Total score: If 5-15 consider Cerebellar Support**

Brain Stem:

- I am very calm and even tempered
- I am not kept awake by busy thoughts
- I have regular bowel movements at least once/day
- I have excellent digestion, with no heartburn or bloating
- I am not easily startled and my blood pressure is normal
- Total score: If 5-15 consider Brain Stem Support**

Enteric Brain/Vagus Nerve

- I do not choke on my food regularly
- I do not have acid reflux, heartburn or trouble swallowing (for no apparent reason)
- I have regular bowel movements at least once/day
- I do not suffer from irritable bowel issues, cramping, or diarrhea regularly
- If I touch the back of my throat with a tongue depressor, I gag easily
- Total score: If 5-15 consider Vagal Nerve Support**