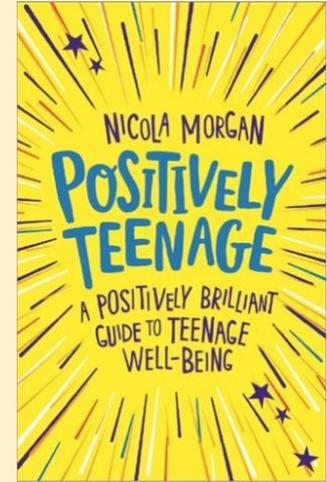


How well do you make YOUR brain FLOURISH?

Tick each thing you have done in the last 24 hours

(The same action might count in more than one answer: for example, reading for pleasure could also be your hobby. But it may not count more than twice.)

- I spent half an hour doing something deliberately to relax
- I kept trying at something I found difficult
- I felt happy at some point – eg enjoyed something; noticed feeling positive
- I created something – eg music, craft, art, writing, drawing, making
- I took part in or listened to music/singing
- I exercised (including brisk walk) for half an hour
- I spent half an hour reading for pleasure
- I switched my digital devices off an hour before bed and kept them off till morning
- I spent time on a hobby
- I did something kind for someone else
- I was engaged in something so much that I stopped thinking about the time/other things
- I had at least 7.5 hours sleep
- I drank 6 glasses/cups of liquid – NOT counting alcohol or fizzy drink (Coffee or tea with caffeine count as ½)
- I ate at least FIVE portions of: fish, chicken, beans (including soya), lentils, hummus, nuts, oats, eggs, dairy, seedy/wholegrain bread, any vegetables/salad/fruit



Score one point for each of the 14 actions you ticked. Your score:

Look at the next page for what your score suggests...

How did you do?

12-14	Brilliant! You are caring for your brain <i>really</i> well.
9-11	Well done – you are helping your brain.
6-8	You are doing some good things for your brain – but you could make it even better.
3-5	Take control! Some quite simple improvements could make a big difference.
0-2	Action needed! You only have one brain, and there's only one person who can look after it

Try to score at least 11 every day. Making your brain FLOURISH requires understanding *all* the things that help our brains, and trying to do lots of them. Looking after your brain gives you more chances of wellbeing and success. If you help it now, you will be building a really strong brain. All these actions are important whatever age we are – adults: there's no excuse! And we can't care for other people if we don't care for ourselves.

Activity: think of three ways you could improve your score.

- 1.
- 2.
- 3.

Small changes make big differences. Your brain is in your hands – and it's never too late.

Positively Teenage by Nicola Morgan shows you how all the FLOURISH principles work and how to build them into your life, and gives loads more useful and inspiring advice and strategies for a positively brilliant teenage (and adult) life.

Published by Hachette Children's Group. Next Nicola Morgan title: *Body Brilliant*, Summer 2019

Nicola's website has a vast amount of science and resources, as well as information about her other books and speaking around the world: www.nicolamorgan.com