



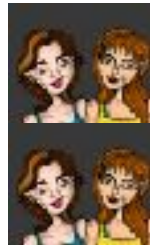
BOOK ONE: DISCOVER YOUR SELF

INTRODUCTION AND CHAPTER ONE: YOUR BRAIN

Put it to the test....

1. To what type of game do the authors compare life? _____

2. Who are your coaches in life, according to the authors ?



3. In the **INTRODUCTION**, what do the authors say is critical for you to do to get the most out of the books?

4. Name the four characters:

This is _____



This is _____



This is _____



This is _____

5. What is neuroscience? _____

6. How are messages sent in the brain? What type of signals are sent? _____

7. What is a synapse? _____

SWEET! ALMOST DONE!!!
HANG TIGHT, 6 MORE QUESTIONS AND A BONUS OPPORTUNITY...

8. Explain how you have a “train in your brain” as best as you can. How are the train and habits connected? _____

9. Who is able to change synaptic connections? _____

10. What is the difference between a reaction and a response? _____

11. What are the four steps to changing a habit?

1. _____ 2. _____
3. _____ 4. _____

12. What does the amygdala do? _____
Is it fully formed? yes/no

13. What is the job of your prefrontal cortex? _____
_____ Is it fully formed? yes/no



EXTRA CREDIT: According to the **DYK** fact, how long can your brain stay alive without oxygen? _____



So, do you want to strangle us or hug us right now?

STRANGLE!

HUG!

If you want to strangle us, what four steps should you take? JK! You're done!