



## BANKS ENTERPRISE

# HEALTH & WELLNESS

### Assess Your Intellectual Health!

***Give yourself a score for the following indicators of intellectual health:***

***Scoring: 0 (never) or 1 (sometimes) or 2 (regularly)***

- |                                                            |       |
|------------------------------------------------------------|-------|
| • I am able to stay focused on tasks and when I'm reading  | 0 1 2 |
| • I challenge my mind with puzzles, or learning new skills | 0 1 2 |
| • My thinking is clear, organized, and realistic           | 0 1 2 |
| • I stay aware of world events and local news              | 0 1 2 |
| • Most of my thoughts are positive                         | 0 1 2 |
| • I am happy with how my memory functions                  | 0 1 2 |
| • It is easy for me to make good decisions                 | 0 1 2 |
| • I can see more than one side of an issue                 | 0 1 2 |

### **Overall score:**

- 0-4:** You currently have poor intellectual health. You need to immediately start using our tips in at least two areas where you have scored low
- 5-8:** Your intellectual health needs some help. Follow our suggestions in the areas where you need to improve your intellectual health
- 9-15:** You are doing well with your intellectual health! Make an effort to grow a little more in your weaker areas.
- 16:** Congratulations! You have superb intellectual health.