

NEUROPLASTICITY METRIC

COURTESY OF LIVING WELL EDUCATION

Circle the one best answer for each of the following questions:

1) As insights come, I move with them, immediately making room for them in my life, shifting to whatever degree I must to allow those insights to be fully integrated and expressed through me.

Highly Accurate / More Often Accurate / Equally Accurate and Inaccurate / More Often Inaccurate / Highly Inaccurate

2) When I feel strongly about something, I remind myself that there are many truths, so that I take myself and any position I may be holding less seriously.

Highly Accurate / More Often Accurate / Equally Accurate and Inaccurate / More Often Inaccurate / Highly Inaccurate

3) As an artist, I look for sources of inspiration, things that inspire me to grow and see life differently, tiring easily from perspectives I see most often.

Highly Accurate / More Often Accurate / Equally Accurate and Inaccurate / More Often Inaccurate / Highly Inaccurate

4) When I get upset, I focus more on the changes I must make in myself and less on the factors upsetting me.

Highly Accurate / More Often Accurate / Equally Accurate and Inaccurate / More Often Inaccurate / Highly Inaccurate

5) I enjoy telling many different stories regarding a past event or a past situation.

Highly Accurate / More Often Accurate / Equally Accurate and Inaccurate / More Often Inaccurate / Highly Inaccurate

6) When deciding among choices, I make my final decision based on whether or not that decision is more bold than others.

Highly Accurate / More Often Accurate / Equally Accurate and Inaccurate / More Often Inaccurate / Highly Inaccurate

7) I express many differences and many faces, allowing the many sides and ever-increasing aspects of me to see the light of day.

Highly Accurate / More Often Accurate / Equally Accurate and Inaccurate / More Often Inaccurate / Highly Inaccurate

8) When it comes to being a vehicle of possibility, I am an inspiring role model.

Highly Accurate / More Often Accurate / Equally Accurate and Inaccurate / More Often Inaccurate / Highly Inaccurate

9) Beyond merely "wanting" my life to be more in flow, more successful, and functioning at greater and greater levels of ease, I consistently do whatever I need to do to make sure that "I am" more in flow, more successful, and functioning at greater and greater levels of ease.

Highly Accurate / More Often Accurate / Equally Accurate and Inaccurate / More Often Inaccurate / Highly Inaccurate

10) I am significantly more committed to my ever-evolving, emerging selves than I am to familiar aspects of me.

Highly Accurate / More Often Accurate / Equally Accurate and Inaccurate / More Often Inaccurate / Highly Inaccurate

To get a numerical representation of your score (on a scale of 0-100), assign points to each answer (4, 3, 2, 1, 0), 4 points for "Highly Accurate," 3 points for "More Often Accurate," 2 points for "Equally Accurate and Inaccurate," 1 point for "More Often Inaccurate," and 0 points for "Highly Inaccurate." Total all 10 questions and multiply that sum by 10. For the final score, divide that product by 4.