

State-of-Mind Barometer



Brain PathWays™
The Neuroscience of You

Instructions

1. Use the **State-of-Mind Barometer** as a quick diagnostic check.
2. Circle the statements that most closely describe what you are experiencing in the present moment.
3. Apply non-judgment to your responses because they are neither “good” nor “bad.” States change constantly. Be honest with yourself! Skip over the sets of statements you cannot relate to.
4. Pay attention to what brain states seem to be most present in your life. Celebrate your positive states! Use the **Brain Tune-Up Tools** to correct your negative states for a higher quality-of-life.

WHAT ARE YOU EXPERIENCING?

- OR
- | | |
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| • Tired and stressed | • Energized, and alert |
| • Blaming myself or others | • Taking responsibility for my life |
| • Ruled by emotions and complaints | • Ruled by thoughtful self-improvement |
| • Anxious there is not enough available time | • Confident there is enough time |
| • Abrupt and rude | • Polite and gracious |
| • Reactive about life situations | • Thoughtful and emotionally neutral |
| • Insensitive to other people's lives | • Sensitive to other people's lives |
| • Judgmental and condemning | • Understanding and forgiving |
| • Avoiding challenging situations | • Facing challenges with faith and courage |
| • Depressed and lethargic | • Energized and pro-active |
| • Feeling guilty | • Feeling self acceptance |
| • Feeling “out-of-control” and helpless | • Believing positive action makes a difference |
| • Upset, anxious and fearful | • Calm, thoughtful and deliberate |
| • Seeing a world of scarcity and limitation | • Seeing a world of abundant potential |
| • Cynical and pessimistic | • Hopeful and optimistic |
| • Grim, heavy and feeling “gravity” | • Light hearted with a sense of humor |
| • Thinking and acting negatively | • Thinking and acting positively |
| • Stuck and frozen | • Moving forward in a positive direction |
| • Defensive and protective | • Open and trusting |

Web: www.brainpathways.net