



Think Sharper, Lead Smarter: Your Brain Health Scorecard

This self-assessment is designed as a companion to the **CEO on the Go** podcast episode:
Your Leadership Brainpower: 10 Essential Ways to Stay Sharp & Lead Strong.

Listen in for deeper insights and practical strategies to strengthen each area of brain health and leadership.

Rate yourself from 1 (Needs Improvement) to 5 (Doing Great) in the following areas.

At the end, tally your score and see where you stand in terms of brain health for leadership!

- 1. **Mindset & Positivity** - Do you approach leadership challenges with a constructive mindset, or do you get stuck in negative loops that drain your energy? _____
 - 2. **Problem-Solving & Mental Challenges** - Do you proactively solve problems at work, or do you avoid mental challenges and rely on old patterns? _____
 - 3. **Social Engagement** - Do you have meaningful professional conversations, or do you tend to isolate yourself as a leader? _____
 - 4. **Creativity & Expression** - Are you innovating and thinking outside the box, or are you just going through the motions? _____
 - 5. **Exercise & Nutrition** - Do you move your body and fuel your brain with the right foods, or do you rely on caffeine and stress to push through? _____
 - 6. **Sleep & Rest** - How well do you prioritize getting enough high-quality sleep to support clear thinking and decision-making? _____
 - 7. **Recognizing Small Wins & Motivation** - Do you celebrate small victories at work and in life, or do you constantly move on to the next challenge without acknowledging progress? _____
 - 8. **Lifelong Learning & Growth** - Do you actively seek new learning opportunities, or do you feel stagnant in your professional development? _____
 - 9. **Changing Environments & Seeking Novelty** - Do you intentionally put yourself in different environments or new experiences to gain fresh perspectives? _____
 - 10. **Imagination & Future Visioning** - Do you allow yourself to dream, visualize, and imagine new possibilities for your leadership and life? _____
- TOTAL** _____

Scoring & Interpretation



40-50 points
Brain Health Champion:
Your brain health habits are strong! Keep up the great work.



30-39 points
Brain Health Builder:
You have solid habits but can strengthen a few areas.



20-29 points
Brain Health Explorer:
Choose one habit to improve this week for better brain health.



10-19 points
Brain Health Booster Needed:
Start with small changes in one or two areas for improvement.

Next Steps

- ▶ Reflect on your scores and pick one area to improve this week. Small steps lead to big results!
- ▶ Share your insights or progress with others to stay accountable.
- ▶ Listen to the **CEO on the Go** podcast episode: *Your Leadership Brainpower: 10 Essential Ways to Stay Sharp & Lead Strong.*

This leadership podcast is designed to inspire and support mission-driven CEOs, top executives and other leaders across industries who like to learn on-the-go.

- Ranked in top 5% of all podcasts globally by *Listen Notes*.
- Over 240 weekly episodes



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Disclaimer: This self-assessment isn't a medical or scientific tool—it's a leadership check-in based on research and personal experience. The goal is to help you reflect on habits that support brain health, not to diagnose or prescribe. So, take what works for you, and as always, consult an expert for serious brain matters!

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A trailblazer in her field, Gayle helps CEOs and executives shape corporate culture and inspire change. For over 20 years, she has served as a trusted advisor to leaders committed to doing work that matters, making a positive difference in the lives of those they lead and serve.



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