



Neuroscience statements – True or False?

Number	Neuroscience statement	TRUE/ FALSE
1	We use 100% of our brain	
2	Your brain has 86 billion neurons	
3	Your brain stops developing in your twenties	
4	There are left or right brain thinkers	
5	We have 60000-70000 thoughts a day	
6	Your brain uses 20% of your energy	
7	Your body listens to your brain and your brain listens to your body	
8	Brain places more urgency on avoiding threats than maximizing opportunities	
9	Brains are naturally negative	
10	Mindfulness is about awareness, being in the moment and choice	