

Your Daily-Do List to Enjoy a Calmer, Happier, Smarter You

Use this checklist daily to track your progress toward building a healthier brain. Be honest! You won't get graded on right or wrong answers. Your goal: Each week, the "No—Why?" column should have fewer marks. If you are initially seeking therapy advice for skills, it can help to go through this checklist with your skills coach/therapist. They can then see at a glance what skills you most need help in doing and what personal hurdles you have to overcome.

MY COMMITMENT	Yes	No—Why?
I believe I can balance my brain.		
I believe I can think-change my brain.		
I'm committed to taking charge of my brain health.		
I believe I am the orchestra leader of my own cerebral symphony.		
EAT SMART		
I eat two fistfuls of wild salmon each week.		
I take 1,000 milligrams of a DHA/EPA supplement.		
I eat an egg.		
I eat an avocado.		
I eat a tablespoon of extra virgin olive oil.		
I eat a palmful of nuts.		
I eat a handful of berries.		
I eat two handfuls of greens.		
I drink a supersmart smoothie.		
I eat a supersmart salad.		
I take supersmart supplements.		
I begin the day with a brainy breakfast.		
I avoid eating from the neurotoxin naughty list (<i>The Healthy Brain Book</i> , page 75).		

I graze more, gorge less.		
I eat more nutrient-dense foods.		
I eat in omega balance.		
I eat mostly green-light, good-gut foods (page 89) to better my microbiome.		
I either don't drink alcohol, or I sip slowly with meals.		
MOVE SMART		
I move briskly an hour a day.		
I do isometrics ten minutes daily.		
I spend as many hours moving outdoors as I do sitting indoors.		
THINK SMART		
If I can't change it, I don't worry about it.		
I don't dwell on "dumb" decisions.		
I quickly trash toxic thoughts.		
I quickly repel ANTs.		
I "mind-mute" when needed.		
I do deep breathing when needed.		
I dwell on my "attitude of gratitude" several times a day.		
I do moving meditation.		
I enjoy mini-meditations several times a day.		
I start each day the peaceful way.		
I'm growing my God center.		
I frequently look at the "five things I like about me" on my cell phone.		
SLEEP SMART		
I unplug from artificial lights at least one hour before bedtime.		
I protect my sleep sanctuary.		

I drift off to sleep with an “attitude of gratitude.”		
I wake up with an “attitude of gratitude.”		