

The 14-Day Brain Warrior's Way Journal

DAY 1: DEVELOP LASTING HABITS

Motivation Blast: The war for your health is won between your ears.

What is my goal today?

Three things I am grateful for today

1. _____
2. _____
3. _____

Whom shall I appreciate today?

Today's Weight _____ Hours Slept _____

On a scale of 1 to 10 rate the following (1 = poor, 10 = great)

Mood ____ Energy ____ Focus ____
Memory ____ Inner peace ____ Decision making ____

Choose five brain healthy habits from the following list to do today

- Read my One Page Miracle
- Start the day with 16 to 20 ounces of water (8 to 10 ounces for kids)

- ❑ Focus on eating healthy without cheating
- ❑ Eat brain healthy snacks, maintain stable blood sugar
- ❑ Engage in smart exercise (bursting, weight training, coordination exercises)
- ❑ Learn something new
- ❑ Combat stress (hypnosis, meditation, brain-enhancing music)
- ❑ Learn from at least one mistake
- ❑ Get 7 to 8 hours of sleep
- ❑ Practice good decision making
- ❑ Take my supplements
- ❑ Connect with a Brain Warrior buddy
- ❑ Kill the ANTs

The Brain Warrior's Way Journal

DAY 1: BRAIN-ENHANCING FOOD

TIME	FOOD AND BEVERAGE	HEALTHY (YES OR NO)
	Breakfast	
	Snack	
	Lunch	
	Snack	
	Dinner	
	Other	

The Brain Warrior's Way Journal

DAY 2: DEVELOP LASTING HABITS

Motivation Blast: The greatest wealth is health.—Virgil

What is my goal today?

Three things I am grateful for today

1. _____
2. _____
3. _____

Whom shall I appreciate today?

Today's Weight _____ Hours Slept _____

On a scale of 1 to 10 rate the following (1 = poor, 10 = great)

Mood ____ Energy ____ Focus ____
Memory ____ Inner peace ____ Decision making ____

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DAY 2: BRAIN-ENHANCING FOOD

TIME	FOOD AND BEVERAGE	HEALTHY (YES OR NO)
	Breakfast	
	Snack	
	Lunch	
	Snack	
	Dinner	
	Other	

The Brain Warrior's Way Journal

DAY 3: DEVELOP LASTING HABITS

Motivation Blast: Who has more fun? The person with the good brain or the one with the bad brain?

What is my goal today?

Three things I am grateful for today

1. _____
2. _____
3. _____

Whom shall I appreciate today?

Today's Weight _____ Hours Slept _____

On a scale of 1 to 10 rate the following (1 = poor, 10 = great)

Mood ____ Energy ____ Focus ____
Memory ____ Inner peace ____ Decision making ____

Choose five brain healthy habits from the following list to do today

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DAY 3: BRAIN-ENHANCING FOOD

TIME	FOOD AND BEVERAGE	HEALTHY (YES OR NO)
	Breakfast	
	Snack	
	Lunch	
	Snack	
	Dinner	
	Other	

The Brain Warrior's Way Journal

DAY 4: DEVELOP LASTING HABITS

Motivation Blast: This moment contains all moments. Now is the time to get healthy.

What is my goal today?

Three things I am grateful for today

1. _____
2. _____
3. _____

Whom shall I appreciate today?

Today's Weight _____ Hours Slept _____

On a scale of 1 to 10 rate the following (1 = poor, 10 = great)

Mood ____ Energy ____ Focus ____
Memory ____ Inner peace ____ Decision making ____

Choose five brain healthy habits from the following list to do today

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DAY 4: BRAIN-ENHANCING FOOD

TIME	FOOD AND BEVERAGE	HEALTHY (YES OR NO)
	Breakfast	
	Snack	
	Lunch	
	Snack	
	Dinner	
	Other	

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DAY 5: DEVELOPING LASTING HABITS

Motivation Blast: Don't believe every stupid thought you have.

What is my goal today?

Three things I am grateful for today

1. _____
2. _____
3. _____

Whom shall I appreciate today?

Today's Weight _____ Hours Slept _____

On a scale of 1 to 10 rate the following (1 = poor, 10 = great)

Mood ____ Energy ____ Focus ____
Memory ____ Inner peace ____ Decision making ____

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DAY 5: BRAIN-ENHANCING FOOD

TIME	FOOD AND BEVERAGE	HEALTHY (YES OR NO)
	Breakfast	
	Snack	
	Lunch	
	Snack	
	Dinner	
	Other	

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DAY 6: DEVELOPING LASTING HABITS

Motivation Blast: Getting truly well is about abundance, never deprivation.

What is my goal today?

Three things I am grateful for today

1. _____
2. _____
3. _____

Whom shall I appreciate today?

Today's Weight _____ Hours Slept _____

On a scale of 1 to 10 rate the following (1 = poor, 10 = great)

Mood ____ Energy ____ Focus ____
Memory ____ Inner peace ____ Decision making ____

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DAY 6: BRAIN-ENHANCING FOOD

TIME	FOOD AND BEVERAGE	HEALTHY (YES OR NO)
	Breakfast	
	Snack	
	Lunch	
	Snack	
	Dinner	
	Other	

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DAY 7: DEVELOPING LASTING HABITS

Motivation Blast: You are not stuck with the brain you have; you can make it better.

What is my goal today?

Three things I am grateful for today

1. _____
2. _____
3. _____

Whom shall I appreciate today?

Today's Weight _____ Hours Slept _____

On a scale of 1 to 10 rate the following (1 = poor, 10 = great)

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DAY 7: BRAIN-ENHANCING FOOD

TIME	FOOD AND BEVERAGE	HEALTHY (YES OR NO)
	Breakfast	
	Snack	
	Lunch	
	Snack	
	Dinner	
	Other	

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DAY 8: DEVELOPING LASTING HABITS

Motivation Blast: Sheepdogs are serious, highly trained, and purpose-driven and love their sheep, even when the love is not returned.

What is my goal today?

Three things I am grateful for today

1. _____
2. _____
3. _____

Whom shall I appreciate today?

Today's Weight _____ Hours Slept _____

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DAY 8: BRAIN-ENHANCING FOOD

TIME	FOOD AND BEVERAGE	HEALTHY (YES OR NO)
	Breakfast	
	Snack	
	Lunch	
	Snack	
	Dinner	
	Other	

The Brain Warrior's Way Journal

DAY 9: DEVELOPING LASTING HABITS

Motivation Blast: Brain health is really easy: brain envy, avoid bad, do good.

What is my goal today?

Three things I am grateful for today

1. _____
2. _____
3. _____

Whom shall I appreciate today?

Today's Weight _____ Hours Slept _____

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DAY 9: BRAIN-ENHANCING FOOD

TIME	FOOD AND BEVERAGE	HEALTHY (YES OR NO)
	Breakfast	
	Snack	
	Lunch	
	Snack	
	Dinner	
	Other	

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DAY 10: DEVELOPING LASTING HABITS

Motivation Blast: Who wants to be normal? Normal is unhealthy. Be optimal!

What is my goal today?

Three things I am grateful for today

1. _____
2. _____
3. _____

Whom shall I appreciate today?

Today's Weight _____ Hours Slept _____

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DAY 10: BRAIN-ENHANCING FOOD

TIME	FOOD AND BEVERAGE	HEALTHY (YES OR NO)
	Breakfast	
	Snack	
	Lunch	
	Snack	
	Dinner	
	Other	

The Brain Warrior's Way Journal

DAY 11: DEVELOPING LASTING HABITS

Motivation Blast: Brain Warriors fight inflammation, oxidation, high blood sugar, nutrient depletion, and abnormal hormone levels. They fight the war on multiple fronts.

What is my goal today?

Three things I am grateful for today

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2. _____
3. _____

Whom shall I appreciate today?

Today's Weight _____ Hours Slept _____

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DAY 11: BRAIN-ENHANCING FOOD

TIME	FOOD AND BEVERAGE	HEALTHY (YES OR NO)
	Breakfast	
	Snack	
	Lunch	
	Snack	
	Dinner	
	Other	

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DAY 12: DEVELOPING LASTING HABITS

Motivation Blast: The best way to prevent accelerated aging and Alzheimer's disease is to prevent all the illnesses that are associated with them.

What is my goal today?

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3. _____

Whom shall I appreciate today?

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DAY 12: BRAIN-ENHANCING FOOD

TIME	FOOD AND BEVERAGE	HEALTHY (YES OR NO)
	Breakfast	
	Snack	
	Lunch	
	Snack	
	Dinner	
	Other	

The Brain Warrior's Way Journal

DAY 13: DEVELOPING LASTING HABITS

Motivation Blast: Let every mistake you make be a valuable lesson.

What is my goal today?

Three things I am grateful for today

1. _____
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Whom shall I appreciate today?

Today's Weight _____ Hours Slept _____

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DAY 13: BRAIN-ENHANCING FOOD

TIME	FOOD AND BEVERAGE	HEALTHY (YES OR NO)
	Breakfast	
	Snack	
	Lunch	
	Snack	
	Dinner	
	Other	

The Brain Warrior's Way Journal

DAY 14: DEVELOPING LASTING HABITS

Motivation Blast: It's not about you. It is about generations of you.

What is my goal today?

Three things I am grateful for today

1. _____
2. _____
3. _____

Whom shall I appreciate today?

Today's Weight _____ Hours Slept _____

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DAY 14: BRAIN-ENHANCING FOOD

TIME	FOOD AND BEVERAGE	HEALTHY (YES OR NO)
	Breakfast	
	Snack	
	Lunch	
	Snack	
	Dinner	
	Other	