



30 DAYS



Brain Healthy Journaling Challenge

DAY 1 WHAT CALMS YOUR MIND?	DAY 2 ARE YOU FOCUSED?	DAY 3 SLEEP QUALITY LAST NIGHT?	DAY 4 GRATEFUL FOR WHAT TODAY?	DAY 5 BEST MOMENT TODAY WAS...
DAY 6 WHAT NOURISHED ME TODAY?	DAY 7 ENERGY LEVEL FELT LIKE...	DAY 8 DID I MOVE TODAY?	DAY 9 HOW DID I REST?	DAY 10 WHAT STRESSED ME OUT?
DAY 11 HOW DID I RESPOND?	DAY 12 MOOD TODAY IN ONE WORD?	DAY 13 DID I LAUGH TODAY?	DAY 14 WHO LIFTED ME UP?	DAY 15 WHAT CHALLENGED MY BRAIN?
DAY 16 DID I CREATE TODAY?	DAY 17 WHAT DID I LEARN?	DAY 18 SCREEN TIME FELT LIKE...	DAY 19 WHO DID I CONNECT WITH?	DAY 20 BEST HABIT TODAY WAS...?
DAY 21 MINDFUL MOMENT I NOTICED...	DAY 22 DID I DRINK ENOUGH?	DAY 23 JOY CAME FROM...	DAY 24 HOW DID I BREATHE?	DAY 25 WHAT BEAUTY DID I SEE?
DAY 26 HOW DID I SLOW DOWN?	DAY 27 WAS I ABLE TO FOCUS?	DAY 28 ONE WIN WAS...	DAY 29 WHAT CAN I RELEASE?	DAY 30 WHAT HELPS MY BRAIN HEAL?

