

Journal Daily Exercise

Spend some time completing this exercise and review it with your Licensed Brain Trainer.

Journaling is a critical part of our program. Right away we want you to start keeping a journal to help keep you on track and measure your progress. One of my favorite sayings at the Amen Clinics is that, “We cannot change what we do not measure.”

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In the journal write down where you or your child or teen are each day. Rate the most important symptoms you want to change on a scale of 1 – 10 (1 is very bad, 10 is excellent). This provides a basis for you to evaluate any changes you make.

Also, keep track of your food and your daily brain healthy habits.

Many of our patients find that keeping a daily journal is the ONE exercise that makes the biggest difference in their success.

A journal helps you track your progress. You can flip through your journal and see how much better you are doing - how you have made positive changes in your life.

A journal keeps you motivated. Seeing your progress is a tremendous motivator that will keep you going in the right direction.

A journal increases compliance with new habits. Daily reminders significantly increase the likelihood that you will follow through with your new brain healthy habits. For example, in our journals there is a checklist with reminders to help you remember what you need to do on a daily basis to improve your brain health.

A journal helps you see where you can make improvements. If things start to go in the wrong direction you can review the Journal, figure out where you went wrong, and get back on track.

Exercise: Rate your symptoms on a daily basis. Here is an example below.

MY DAILY JOURNAL

Who Will I Appreciate Today? Reach out and appreciate one person today. Use each person only once in 30 days.

Today, I will appreciate: _____

3 Things I'm Grateful for today. Vary answers as much as possible.

First thing I am grateful for today _____

Second thing I am grateful for today _____

Third thing I am grateful for today _____

Good Brain Habits.

Check the habits you engaged in today.

Took my supplements	
Drank 7-8 glasses of water	
Relaxation exercise(s)	
Brain healthy nutrition	
Slept for at least 7 hours	
Positive, helpful thinking	
Physical Exercise	
I read my One Page Miracle	
Meditation, Killing the ANTs or praying	

How am I Doing Today?

On a scale of 1 (very bad) to 10 (excellent) rate how you feel.

Healthy Habits	
Sleep	
Anxiety	
Mood	
Energy	
Stress	
Motivation	
Cravings	
Weight	_____

ANT Population – Write down any negative thoughts and challenge them.

Reflections. Write any thoughts or feelings you want to keep in your journal.