

Start with One Thing Exercise

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

Similar to Tiny Habits ... Start with 1 Thing.

This simple tactic helps you cut big changes down to size. Don't aim for 110%. Take it 1 small step at a time and, once you're ready, another step after that. With every step you'll be gaining confidence and building momentum toward the BIG results you're looking for!

Examples:

- Start by drinking more water. Your brain is 80% water and being dehydrated by just 2% causes fatigue and focus problems. It helps!
- Started taking supplements.
- Start exercising, start with something small that you enjoy and will stick with.
- Changed your diet. You can start with small changes.
- Engage in new learning.
- Eventually, teach your friends and family how to love and care for their brains.

Exercise: Write down 1 step you will take today to get started on your journey to transformation.

1 STEP I WILL TAKE TODAY

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