



**Synaptic
Potential**TM
PEOPLE STRATEGIES

Healthy Brain Habits

What we can do every day to help build healthy brains.

How will I build 2 minutes of positive appraisal into each day?

How will I know it is time to do this?

How can I connect with nature daily?

What is the best trigger for me?

When in my day will I check in with my mental endurance?

What will be the trigger for me to do this?

How can I rest for 2 minutes?

How can I use social buffering daily?

What will trigger for me to do this?

What can I do this week that is generous / kind / trusting / altruistic?

When will I consider opportunities for each week?

How will I plan & act so it happens?



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Results of healthy brain habits

You can shape your brain every day
...for better or for worse...

By building these 5 habits into my daily rhythm I expect to feel...

Within a month I expect life to be better by...

If I'm feeling low, one of the best things to boost my spirits is...

One thing drains me most is...

And I can reduce the impact or frequency of this by...

I am committed to investing in building
my healthy brain daily.