

# Daniel Amen's 11 Tiny Habits for Bright Minds

1. After I have used the bathroom, I will drink a glass of water (blood flow)
2. After I hang up my car keys, I will learn a new chord on my instrument (new learning)
3. When I finish brushing my teeth before bed, I will floss (inflammation)
4. After I open the refrigerator, I will grab a handful of organic berries (genetics)
5. When I go up and down stairs, I will hold the handrail (head trauma)
6. When I pump gas, I will stand a way from the nozzle so I don't inhale fumes (toxins)
7. When I am feeling sad, I will take a walk in nature (mental health)
8. When I prepare vegetables for dinner, I will add garlic and onion to the mix (immunity)
9. When I go to the salad bar, I will get half a cup of beans or peas (neurohormones)
10. When I eat dinner I will add one colourful vegetable to my plate (diabetes)
11. After I get into bed, I will focus on what went well today (sleep)

**Today's habit:**

**Adopt one tiny habit from the list (or more, if you want to).**

**Remember to celebrate when you do a tiny habit!**



Daniel Amen

# Health Overview

## Biological

- Brain Health
- Physical Health
- Nutrition
- Exercise
- Sleep
- Hydration
- Hormones
- Blood Sugar Level
- Supplements
- Genetics (Family History?)
- Trauma/Injuries
- Allergies
- Toxins (environment: Mould, drugs, excessive caffeine, alcohol, smoking)
- Infections
- Physical Illness
- Medication

## Psychological

- Self Talk
- Self Concept
- Body Image
- Upbringing
- Development
- Past Emotional Trauma
- Past Successes
- Past Failures
- Generational Histories and Issues (eg immigrants, survivors of trauma, children or grandchildren of addicts)
- Grief/Loss
- Hope
- Sense of Worth
- Sense of Power or Control

## Social

- Quality of current environment
- Sense of connection to family, friends and community
- Health Habits of friends and family
- Relationships
- Stresses
- Health
- Finances
- Work/School
- Current Successes or Failures

## Spiritual

- Sense of Meaning and Purpose
- Why does my life matter?
- Connection to Higher Power
- Who am I accountable to?
- Connections to past generations
- Connections to future generations
- Connections to the Planet
- Morality
- Values