

## WIRED For Happiness!

7 Strategies to Optimize Your Brain & Your Mind to  
Start Living Your Purpose Now! **30 Day Practice**

Brain Food	<ul style="list-style-type: none"><li>• Notes:</li><li>• New Habit/Goal:</li><li>• Reward:</li></ul>
Busy Sweet Spot	<ul style="list-style-type: none"><li>• Notes:</li><li>• New Habit/Goal:</li><li>• Reward:</li></ul>
Recovery	<ul style="list-style-type: none"><li>• Notes:</li><li>• New Habit/Goal:</li><li>• Reward:</li></ul>
Nervous System Enhancer	<ul style="list-style-type: none"><li>• Notes:</li><li>• New Habit/Goal:</li><li>• Reward:</li></ul>
Mindset Choice	<ul style="list-style-type: none"><li>• Notes:</li><li>• New Habit/Goal:</li><li>• Reward:</li></ul>
Exercise	<ul style="list-style-type: none"><li>• Notes:</li><li>• New Habit/Goal:</li><li>• Reward:</li></ul>
Variety	<ul style="list-style-type: none"><li>• Notes:</li><li>• New Habit/Goal:</li><li>• Reward:</li></ul>