



ONE WHOLE HEALTH
Holistic Health Coaching
WIRED For Happiness!

7 Strategies to Optimize Your Brain & Your Mind to Start Living Your Purpose Now!

Now that you have set your goal for a new habit in each strategy area, use the form to track your focus on that goal every day for 30 days.

Day	Brain Food	Busy Sweet Spot	Recovery	Nervous System Enhancer	Mindset Choice	Exercise	Variety
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