

Auditing Your

BRAIN



How To Use The Brain Audits:

- ★ First Audit: How Healthy Is Your Noggin?
- ★ Second Audit: Distraction Audit

BRAIN AUDIT
How Healthy Is Your Noggin?

On a scale of 1-10 (10 being the BEST, 1 being the WORST) you rate yourself for each of the following:

- ___ Getting Micronutrients from food on a regular/daily basis
- ___ Sleepful sleep (do you get ample sleep? sound sleep?)
- ___ Breathing (How well are you breathing? Are you breathing?)
- ___ Pain/Comfort/Stress on body/How movement and move?)
- ___ How stressed are you on a day to day basis? Do you have enough time in the day or like you never have time?
- ___ Social connection (Do you feel connected to your life, relationships with work people, community, you in this department?)
- ___ Heart + Soul Connection (This includes your family, your children. How satisfied are you?)
- ___ Meaningful work (this includes your job, caretaker, your 'art' or passion. How satisfied are you?)
- ___ Your self-talk (body image, self-esteem)
- ___ Mind/body awareness
- ___ Mind/body connection

DISTRACTION AUDIT

How many hours/minutes do you spend engaging in the following activities during a typical week? Place your answer next to each category below.

- ___ TV/Movies/Netflix
- ___ Social Media
- ___ Games/apps
- ___ Mindless web scrolling
- ___ Shopping (online or offline)
- ___ Mindless eating/Emotional eating
- ___ Drugs/alcohol/smoking cigarettes
- ___ 'Bed Medication' (usually laying down, focusing on problem at hand or depressing/anxious thoughts, negative self talk, crying)

___ SUM TOTAL OF ALL ACTIVITIES

First Audit:

- ★ How Healthy Is Your Noggin?
- ★ On a scale of 1-10 (10 being the BEST, 1 being the WORST), you are going to rate yourself for each of the following categories.
- ★ This is simply about awareness! See what you're not seeing, notice what you're not noticing.
- ★ But also...to see what your BRAIN dictates is a part of your overall 'health'.
- ★ Just following the steps of the program as they are laid out for you will ensure that the numbers from your audit change naturally, without you having to do anything.

Second Audit:

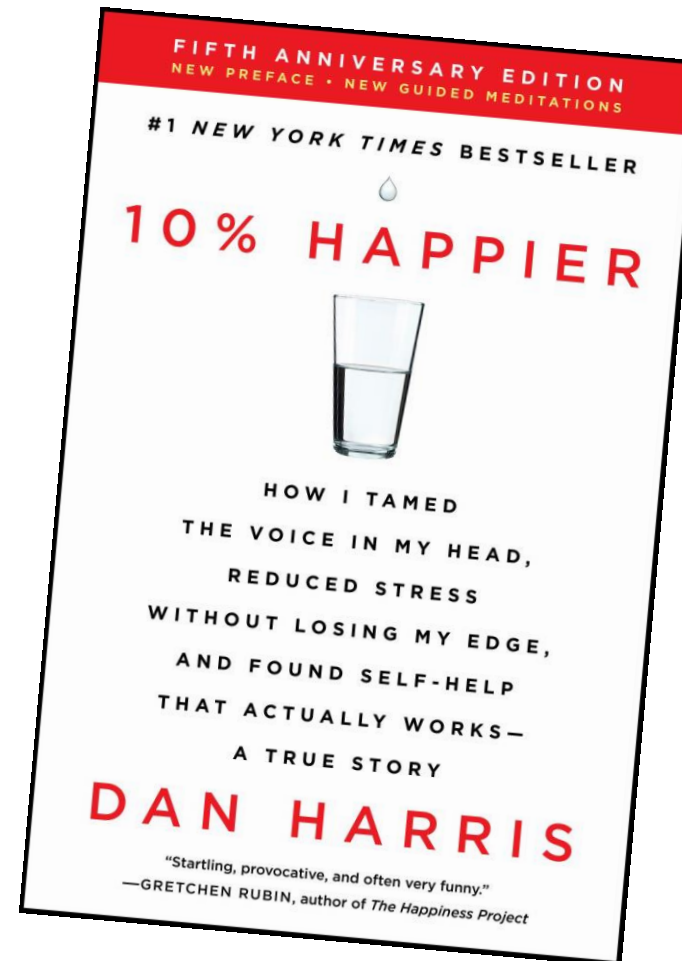
- ★ Distraction Audit
- ★ Go through and discover many hours/minutes you spend engaging in the listed activities during a typical week. Place your answer next to each category. (Yes there may be crossover – just do your best to estimate.)
- ★ Next you'll add up the TOTAL number of hours.
- ★ Give yourself permission to relinquish shame! It is more common than not that my clients discover 40 to 70 hours of distraction time per week, so give yourself grace. We're just finding the data – no matter what the number is, it's just a number. No shame!

What To Do With The Data:

- ★ What not to do (Go from 0-60 or go "cold turkey" – your brain will rebel!)
- ★ What to do: Positive distractions
- ★ The difference between mindfully watching 1 episode of TV vs. bingeing 4 episodes in a row. (Neither is 'good' or 'bad', but you want to be mindful of how you're FEELING).
- ★ My double dog-dare to you: A very specific 'positive distraction'...

Positive Distraction:

- ★ 10% Happier by Dan Harris
- ★ A cynic's guide to meditation
- ★ How to use it (aka no "cold turkey")





That's It!