

Name: _____ Date: _____

BRAIN AUDIT

BE BETTER

What are the first three things your brain sees in the morning?

How much social media time do you spend daily? _____

How much news do you watch? _____

How often do you listen to music you listen? _____

The last three shows you watched in full in netflix or other directory?

Based on these contents your brain has digested above, what emotions are most prevalent for you and why? What do you notice if anything?

How often do you read non fiction books, self help, or self growth? _____

How often do you listen to podcasts? _____

How often do you learn "how to's"? _____

Do you have an outlet to get "good news"? _____

Based on these last few questions what things do you notice?

What are 3 things I can do daily for the next week to improve my brains consumption of content?

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