

Change Your Brain, Change Your Life

by Daniel G. Amen

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

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Track one symptom
Choose one mood, focus, or impulse pattern to notice for three days.

MON TUE WED THU FRI SAT SUN
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Pick one input
Select sleep, food, movement, stress, or stimulation as the first lever.

MON TUE WED THU FRI SAT SUN
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Define a downshift
Choose a two-minute calming routine before hard decisions.

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Remove one trigger
Identify one environmental cue that reliably worsens your state.

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Protect sleep
Set a consistent wake time or screen cutoff for tonight.

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Move briefly
Take a ten-minute walk before diagnosing your whole life.

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Rewrite one thought
Turn a global negative thought into a specific testable claim.

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Hydrate before reacting
Drink water and wait before sending a charged message.

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