



Brain-Boost

Daily Habit Checklist

- Solve a puzzle or riddle – keep your mind sharp.
- Write one line of thought, doodle, or gratitude.
- Drink 8 glasses of water – hydration = focus.
- Move for 10 minutes – stretch, walk, or dance.
- Eat something fresh – fruit or veggie boost.
- Step away from screens – 15 minutes unplugged.
- Read for joy – even just a few pages.
- Prioritize sleep – recharge body and mind.
- Do something creative – color, craft, or write.
- Speak one positive affirmation – start or end strong.

*"Have a positive attitude and
enjoy your day!"*

