

## THE THREE CIRCLES

### GREEN

- Writing in my daily brain health journal
- Meditating and praying
- Taking my list of brain healthy foods to the grocery store with me
- Exercising at least four times a week
- Killing my ANTs
- Looking at my One-Page Miracle every morning
- Taking my supplements
- Eating small meals throughout the day

### YELLOW

- Not using my daily journal
- Going to the grocery store when I'm hungry
- Skipping breakfast
- Skipping exercise
- Not getting enough sleep
- Drinking alcohol
- Stress at work
- Feeling depressed or anxious
- Not taking my supplements
- Going to the movies or ballgame

### RED

- Taking my kids for ice cream
- Having treats in the house
- Going to a fast-food restaurant
- Having my spouse eat buttered popcorn next to me at the movies
- Going to a bar with friends
- Lying to myself about my weight
- Believing my ANTs