

BRAIN FOOD

1. Which 3-5 apps do I use most on my phone (or which websites do I visit frequently)?
2. Which notifications do I have on my phone, tablet, watch or computer?
3. How much TV do I watch in a day? Which shows do I watch? Why? How do I feel after watching them?
4. What is on in the background when I am home?
5. What is on in the background when I drive?
6. What do I do at red lights?
7. Which magazines or newspapers are delivered to my house that I read on a regular basis?
8. What do I feed my brain right before bed?
9. In a regular week, I spend time with these 3-5 people (either in person or on the phone).

This doesn't include the kids living in your house:

Describe your relationship with each of the 3-5 people listed above (are they supportive, critical, fun, etc...).

- 1
- 2
- 3
- 4
- 5

How do you feel after being with these 3-5 people? Why do you spend time with them? How do they care for themselves (physically, mentally, spiritually, eating + sleeping habits, etc...)

- 1.
- 2.
- 3.
- 4.
- 5.