

My Daily Dose

Biohacking the Sexy Brain (*Tastefully*)

- ☐ **Nutrition** Neurotransmitter Production, fuel your body, influence your Brain Health

- ☐ **Energy** Manifest your experience. Choose your energy, choose your perspective.

- ☐ **Fitness** What additional activity can you achieve, today?
Extra steps, 5-minute routine, Dancing

- ☐ **Philanthropy** Give, help or show kindness. Help make someone's day a little brighter.

- ☐ **Laughter & Fun** Call that person that makes you laugh. Find jokes or create your own

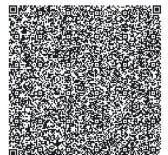
- ☐ **Sleep** How many hours are you committing to your self?

- ☐ **Finance** One small decision to improve your financial wellbeing.

- ☐ **Posture** Posture is your first impression. Show the World your intentions for the day!

- ☐ **Hydration** Your brain replaces fluids 6x/day. Keep the water clear and the brain healthy.

Knowledge is power. Consistency is key.
Motivation is within you. The choice is yours.



SCAN TO SAVE CONTACT
Add to: Code reader in your contacts