THIS WEEK

DO ONE KIND ACT EACH DAY. NOTICE HOW YOUR BODY FEELS AFTERWARDS.

BRAIN NOTE:

DOING SOMETHING KIND LIGHTS UP THE REWARD PART OF THE BRAIN.

THIS WEEK

GIVE ONE HONEST COMPLIMENT A DAY. WATCH WHAT IT DOES TO THE ROOM.

BRAIN NOTE:

THE BRAIN STORES WARM SOCIAL MOMENTS MORE STRONGLY.

THIS WEEK

PICK ONE SMALL THING THAT SCARES YOU. TRY IT ONCE THIS WEEK.

BRAIN NOTE:

FACING A SMALL FEAR TEACHES THE BRAIN THAT IT IS SAFE.

THIS WEEK

RAISE YOUR HAND ONCE A DAY, EVEN IF YOUR VOICE SHAKES.

BRAIN NOTE:

EACH BRAVE TRY MAKES THE NEXT ONE A LITTLE EASIER.

THIS WEEK

WORK ON ONE TASK FOR TEN QUIET MINUTES. PUT EVERYTHING ELSE AWAY.

BRAIN NOTE:

THE BRAIN DOES ONE THING WELL AT A TIME.

THIS WEEK

READ IN A DIFFERENT ROOM FROM YOUR SCREEN THIS WEEK.

BRAIN NOTE:

A SCREEN NEARBY PULLS ATTENTION AWAY, EVEN WHEN IT IS SILENT.

THIS WEEK

WHEN YOU WANT SOMETHING NOW, WAIT ONE MINUTE FIRST.

BRAIN NOTE:

PAUSING LETS THE THINKING BRAIN CATCH UP WITH WANTING.

THIS WEEK

CHOOSE ONE SLOW ACTIVITY. LET IT TAKE AS LONG AS IT TAKES.

BRAIN NOTE:

SLOW PRACTICE BUILDS A SKILL MORE DEEPLY THAN RUSHING.

THIS WEEK

NAME ONE GOOD THING AT DINNER EACH NIGHT. SAY WHY IT MATTERED.

BRAIN NOTE:

NOTICING GOOD THINGS TRAINS THE BRAIN TO SPOT MORE OF THEM.

THIS WEEK

WRITE A THANK YOU NOTE TO SOMEONE WHO HELPED YOU.

BRAIN NOTE:

SAYING THANKS LOWERS STRESS SIGNALS IN THE BODY.

THIS WEEK

TELL THE TRUTH ONCE WHEN IT WOULD BE EASIER NOT TO.

BRAIN NOTE:
HIDING THE TRUTH KEEPS THE BRAIN ON ALERT.

THIS WEEK

IF YOU SLIP UP, SAY SO WITHIN THE HOUR. THEN LET IT GO.

BRAIN NOTE:
OWNING A MISTAKE EARLY STOPS WORRY FROM LOOPING.

THIS WEEK

OFFER HELP ONCE A DAY BEFORE ANYONE ASKS. WATCH WHAT CHANGES.

BRAIN NOTE:

HELPING SOMEONE CAN LOWER YOUR OWN STRESS TOO.

THIS WEEK

DO ONE QUIET CHORE THIS WEEK AND TELL NOBODY ABOUT IT.

BRAIN NOTE:

HELPING BY CHOICE FEELS BETTER THAN BEING TOLD TO HELP.

THIS WEEK

PICK ONE HARD THING.
TRY IT THREE TIMES
THIS WEEK.

BRAIN NOTE:
THE BRAIN ADJUSTS AND LEARNS AFTER EVERY ATTEMPT.

THIS WEEK

ADD THE WORD YET WHEN YOU SAY YOU CANNOT DO SOMETHING.

BRAIN NOTE:

THE WORDS YOU USE SHAPE WHAT YOUR BRAIN EXPECTS.

THIS WEEK

LISTEN RIGHT TO THE END ONCE A DAY WITHOUT PLANNING YOUR REPLY.

BRAIN NOTE:

THE BRAIN CANNOT LISTEN AND PLAN A REPLY AT ONCE.

THIS WEEK

ASK ONE FOLLOW-UP QUESTION IN EVERY CONVERSATION THIS WEEK.

BRAIN NOTE:
ASKING QUESTIONS HELPS MEMORY HOLD ON TO ANSWERS.

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THIS WEEK

BREATHE OUT LONGER THAN YOU BREATHE IN, FIVE TIMES A DAY.

BRAIN NOTE:

A LONG BREATH OUT TELLS THE BODY IT IS SAFE TO SLOW DOWN.

THIS WEEK

SIT QUIETLY FOR TWO MINUTES DAILY. NOTICE THE SOUNDS AROUND YOU.

BRAIN NOTE:

QUIET TIME LETS A BUSY BRAIN SORT WHAT IT TOOK IN.

THIS WEEK

ASK ONE QUESTION A DAY ABOUT SOMETHING YOU DO NOT UNDERSTAND.

BRAIN NOTE:

CURIOSITY SWITCHES ON THE MEMORY PARTS OF THE BRAIN.

THIS WEEK

LOOK CLOSELY AT ONE EVERYDAY OBJECT. FIND SOMETHING NEW IN IT.

BRAIN NOTE:

CLOSE ATTENTION MAKES THE BRAIN NOTICE DETAIL IT USUALLY SKIPS.

THIS WEEK

SHARE ONE JOB WITH SOMEONE. AGREE TOGETHER WHO DOES WHAT.

BRAIN NOTE:

WORKING TOGETHER HELPS THE BRAIN SOLVE WHAT IT MIGHT MISS ALONE.

THIS WEEK

THANK A TEAMMATE OUT LOUD FOR SOMETHING THEY DID WELL.

BRAIN NOTE:

FEELING NOTICED KEEPS A GROUP CALM AND WILLING TO KEEP GOING.

THIS WEEK

NOTICE YOUR SELF-TALK. SWAP ONE HARSH WORD FOR A KINDER ONE.

BRAIN NOTE:

HOW YOU SPEAK TO YOURSELF SHAPES HOW A HARD MOMENT FEELS.

THIS WEEK

CHEER YOURSELF ON USING YOUR OWN NAME: YOU CAN DO THIS.

BRAIN NOTE:

USING YOUR OWN NAME ADDS HELPFUL DISTANCE FROM STRESS.

THIS WEEK

TIDY ONE SMALL SPACE FOR FIVE MINUTES A DAY.

BRAIN NOTE:

LESS CLUTTER MEANS LESS FOR THE BRAIN TO FILTER OUT.

THIS WEEK

PUT ONE THING BACK WHERE IT BELONGS EACH TIME YOU PASS IT.

BRAIN NOTE:

DOING A TASK IN THE SAME SPOT HELPS IT BECOME AUTOMATIC.

THIS WEEK

SHARE SOMETHING OF YOURS ONCE. NOTICE HOW GIVING FEELS.

BRAIN NOTE:

SHARING BUILDS TRUST, AND TRUST HELPS THE BRAIN FEEL SAFE.

THIS WEEK

OFFER SOMEONE ELSE A TURN BEFORE YOU TAKE YOURS.

BRAIN NOTE:

TAKING TURNS STRENGTHENS THE BRAIN'S SKILL OF WAITING.

THIS WEEK

SAY A FULL SORRY: WHAT YOU DID, AND WHAT YOU WILL TRY INSTEAD.

BRAIN NOTE:

A REAL APOLOGY CALMS THE STRESS RESPONSE IN BOTH PEOPLE.

THIS WEEK

REPAIR ONE SMALL THING YOU BROKE, LOST, OR FORGOT.

BRAIN NOTE:

MAKING REPAIR MOVES THE BRAIN FROM GUILT TOWARD ACTION.

THIS WEEK

ASK FOR HELP ONCE, BEFORE YOU HAVE BEEN STUCK TOO LONG.

BRAIN NOTE:

ASKING EARLY STOPS FRUSTRATION FROM CROWDING OUT THINKING.

THIS WEEK

PRACTISE SAYING: I AM STUCK HERE, CAN YOU SHOW ME?

BRAIN NOTE:

HAVING WORDS READY MAKES IT EASIER TO SPEAK WHEN NERVOUS.

THIS WEEK

SAY YOUR FEELING OUT LOUD ONCE A DAY. START WITH: I FEEL...

BRAIN NOTE:
NAMING A FEELING CALMS THE ALARM PART OF THE BRAIN.

THIS WEEK

NOTICE WHERE A FEELING SITS: CHEST, TUMMY, OR HANDS?

BRAIN NOTE:

FEELINGS SHOW IN THE BODY BEFORE THE MIND NAMES THEM.

THIS WEEK

MOVE YOUR BODY TEN MINUTES A DAY. DANCE, WALK, OR STRETCH.

BRAIN NOTE:

MOVING SENDS MORE OXYGEN TO THE BRAIN AND SHARPENS FOCUS.

THIS WEEK

TAKE A SHORT WALK WHENEVER A PROBLEM FEELS STUCK.

BRAIN NOTE:

WALKING LOOSENS THINKING AND LETS NEW IDEAS ARRIVE.

THIS WEEK

GO TO BED AT THE SAME TIME EVERY NIGHT THIS WEEK.

BRAIN NOTE:

SLEEP IS WHEN THE BRAIN FILES WHAT YOU LEARNED THAT DAY.

THIS WEEK

ALSO TRY: I CAN TRY CHALLENGE LADDERS, DESIGN CHALLENGES, AND REFLECTION JOURNALS.

BRAIN NOTE:

FIND EVERY SET AT NEXTGENLEARNERS.COM.