

My Brilliant Brain Actions

Date _____	Worked hard	Ate well	Was active	Relaxed before bed	Was social	Got over a problem	Learnt a new thing	Was creative	Enjoyed books	Relaxed
Mon										
Tue										
Wed										
Thu										
Fri										
Sat										
Sun										

For tips to fill this in, see my website and the book page for Ten Ways to Build a Brilliant Brain



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