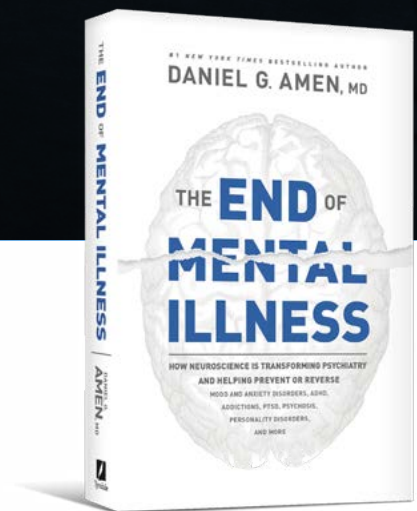




6-WEEK LIVE CLASS + CHALLENGE

Week 6: **Daily Challenges**



Daniel Amen, MD and Tana Amen, BSN, RN

|  brainMD



How to Make a **Massive Difference**

Welcome to Week 6, the final week of your 6-Week Brain Health Revolution Challenge! This week, you'll be focusing on spreading the word about what you've learned during the Challenge. To end mental illness, we must first create a revolution in brain health in ourselves and then share it with others.

Ready? Let's do this!

DAY 1:

Detox negative people: Do a “Friends vs. Accomplices” inventory

How long will it take?

Less than 5 minutes

Whom you spend time with matters! Cultivating bad habits—or good ones—is a team sport. Accomplices are people who encourage or are complicit in your negative behaviors. Bad habits need lots of accomplices to start and sustain them. Friends, mentors, or coaches are people who support your positive behaviors. Ask for their help. Adding friends improves your chances for success up to 40%, and this is especially true for weight loss and fitness.

If you want to change your behavior, you need to stop seeing your accomplices, turn accomplices into friends, or change your friends. Many accomplices can become friends if you have crucial conversations with them. Explain what they can start doing to help you, what they can stop doing, and what they can continue doing.

For today’s challenge, download the “Friends vs. Accomplices Inventory” form by clicking the button below. Use this sheet to identify your 5 most powerful friends who will support your good habits and the 5 accomplices who make it more likely you will not succeed in changing your behavior.

Try to spend more time with the people who will help you and consider talking to your accomplices. If they are not interested or willing to help you, spend less time around them if you can.

Remember: *The fastest way to get healthy is to find the healthiest person you can stand, and spend as much time around him or her as possible.*

[CLICK HERE](#)

DAY 2:

Download the “Where Can You Share This Information” [handout](#)

How long will it take?

Less than a minute to
download

When you share the information you’ve learned during this 6-Week Challenge, it reinforces it in your brain. And when you create a supportive community—or a tribe—of like-minded people around you, it increases the likelihood that you will stick with your new brain healthy habits. Community provides accountability to follow through on what we promise. And a health-conscious tribe gives us the support we need when we get discouraged and want to quit. Think of it this way: You have to give it away to keep it.

By spreading the word and creating a tribe of brain warriors around you, you can be an agent for change beyond yourself. And the more you help others, the more you will help yourself. It’s a win-win for everyone—the brain health revolution starts with you.

For today’s challenge, download the “Where Can You Share This Information” [handout](#) by clicking the button below. It contains a comprehensive list of the ways and places you can share this information to start building your tribe and creating a brain health revolution all around you.

[CLICK HERE](#)

DAY 3:

Download 20 Evil Ruler strategies

How long will it take?

About 5 minutes

Just imagine if an Evil Ruler was leading our society and their top priority was to create and perpetuate mental illness. How would they do it? The Evil Ruler would create policies and promote behaviors guaranteed to increase the BRIGHT MINDS risk factors.

For today's challenge, click the button below to download 20 Evil Ruler strategies and note which ones may be increasing your BRIGHT MINDS risk factors. Then make a plan to fight back against the Evil Ruler's ways to minimize your risk.

[CLICK HERE](#)



DAY 4:

Download 20 Good Ruler strategies

How long will it take?

About 5 minutes

Think what our society would be like if a Good Ruler was in charge and they were intent on ending mental illness. The Good Ruler would encourage people to enhance brain health and to advocate policies and behaviors that would help minimize the BRIGHT MINDS risk factors.

For today's challenge, click the button below to download 20 Good Ruler strategies and see if there are ways you can incorporate these concepts into your own life as well as into the organizations and communities you belong to—work, school, church, and more. For bonus points, think of 5 more Good Ruler strategies. What policies would you put into place if you were a Good Ruler?

[CLICK HERE](#)

DAY 5:

Send a Brain Warrior's Way Podcast to someone you care about

How long will it take?

About 5 minutes

In Week 2, you downloaded and listened to an episode of the Brain Warrior's Way Podcast. Now it's time to share an episode with someone you care about. Whether your loved one could benefit from learning how brain health can help them overcome a mental health condition—such as anxiety, depression, or ADHD—or if they've experienced a head injury, or if they just want to live their best life, you'll find an episode that can help them do it.

For today's challenge, share the Brain Warrior's Way Podcast with an important person in your life by sending them here. Although there are hundreds of episodes to choose from, we suggest starting with one of the following:

[The Fight or Flight Response: Our Body's Response to Stress](#)

In this episode of The Brain Warrior's Way Podcast, Dr. Amen and Tana Amen discuss how our evolutionary fight or flight response can affect our stress levels. They describe how our habits in dealing with this response can lead to unhealthy chronic stress, as well as what you can do to get those feelings under control when they strike unexpectedly.

[What Causes Aging? \(And How Can You Reverse It?\) with Dave Asprey](#)

In this episode of The Brain Warrior's Way Podcast, Dr. Daniel Amen and Tana Amen are joined by author and Bulletproof Coffee founder Dave Asprey to talk about biohacking. This is the first episode in a series featuring a discussion on the specific causes of aging in the body. Arming yourself with this information will give you the tools to slow down, and perhaps even reverse the aging process in your own body.

[Our Nutrition Principles: What to Choose & Lose](#)

It's no secret that what we put on the end of our fork matters when it comes to maintaining a healthy lifestyle. Most of us are living to eat when we really should be eating to live. In part 7 of the Success Starts Here series, Dr. Daniel Amen and Tana Amen give you a set of food rules you can incorporate in your life to radically change how you feel and function without feeling deprived of taste.

DAY 6:

Watch and share Dr. Amen's viral video about Andrew

How long will it take?

About 7 minutes

Since Dr. Amen shared the incredible story of his 9-year-old nephew Andrew on social media, it has gotten over 10 million views. Andrew had attacked a little girl on the baseball field for no particular reason. And at the time, he was drawing pictures of himself hanging from a tree and shooting other children. Andrew was Columbine, Aurora, and Sandy Hook waiting to happen. Most psychiatrists would have medicated Andrew as they did other mass shooters before they committed their awful crimes.

But SPECT imaging had taught Dr. Amen that you need to look at the brain and not throw darts in the dark to understand what Andrew needed. His SPECT scan showed a cyst the size of a golf ball occupying the space of his left temporal lobe. No amount of medication or therapy would have helped Andrew. When the cyst was removed, his behavior went completely back to normal, and he became the sweet, loving boy he wanted to be.

For today's challenge, share the link to [Dr. Amen's powerful video about Andrew's story](#) so others can see that when you change your brain, you can change your life and the lives of generations to come.

[CLICK HERE](#)

DAY 7:

Celebrate your success! Create a short audio, video, or written testimonial and send it to us

How long will it take?

Less than 5 minutes

Congratulations! You are a Brain Health Revolutionary.

On the final day of this 6-Week Challenge, think about what you have learned and what has changed in your life. Do you feel happier, more focused, less stressed, more energetic? Has your memory improved? Have you learned to talk back to your ANTs? Has your One Page Miracle helped you get closer to achieving your goals? Are the foods you're eating making you feel better rather than making you feel sluggish?

Remember way back to Week 1 when we took a "before" photo of our brain using the free Brain Health Assessment tool? On the final day of this 6-Week Challenge, we're taking an "after" photo to see just how far we've come.

For the first part of your final challenge, retake the FREE Brain Health Assessment by clicking the button below. Remember, the more honest you are with your responses the better.

[CLICK HERE](#)

Now is the easy part. We want to hear about your experience. Simply create a short video, audio, or written testimonial—no more than 1-2 minutes or a few short paragraphs—letting us know how you have changed your brain and changed your life. Send it to us by clicking the button below.

[CLICK HERE](#)

Week 6: Recap

Congratulations!

You did it! YOU are a Brain Health Revolutionary. You successfully made it through the 6-Week Brain Health Revolution Challenge. By completing each day's challenge, you have made significant progress toward better brain health and a better life. But just because the 6-week Challenge is over, it doesn't mean you should stop doing what you learned. Continue to implement the strategies into your everyday life so you can optimize and maintain your brain health.

Let's stay brain healthy together!

The downloads enclosed in this document will also be uploaded to our webpage. Please click the button below to view all.

[CLICK HERE](#)



MEDICAL DISCLAIMER

The content contained within Dr. Amen’s Brain Health Revolution Live Class + 6-Week Challenge is intended for educational purposes only. It is not intended to be a substitute for professional medical advice, diagnosis, or treatment. The materials, by necessity, are of a general nature and should not be viewed as a substitute for an evaluation or treatment by a competent medical specialist. Please work with your health care provider for advice about your specific medical condition(s) and treatments(s) for such condition(s). Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition or medications. We recommend working with your doctor or other qualified health provider before beginning the program, starting or stopping any medications, and making any changes to your life to make sure that it is appropriate for your needs—especially if you are pregnant or have a family history of any medical concerns, illnesses, or risks.

If you have any concerns or questions about your health, you should always consult with a physician or other healthcare professional. Stop exercising immediately if you experience faintness, dizziness, pain, or shortness of breath at any time. Please do not disregard, avoid, or delay obtaining medical or health-related advice from your healthcare professional because of something you may have read or heard throughout this program.