

FRIENDS VS. ACCOMPLICES INVENTORY

On this form, identify your 5 most powerful friends who will support your brain healthy habits and the 5 accomplices who make it more likely you will not succeed in changing your behavior. Spend more time with friends than accomplices.

FRIENDS

1. _____

2. _____

3. _____

4. _____

5. _____

ACCOMPLICES

1. _____

2. _____

3. _____

4. _____

5. _____

