



# Brain Gain Action Plan

What are some things you want to stop doing and start doing to improve your brain health? To get started on your plan, look at your self assessments above to see which areas you ranked the lowest in.

## Brain Drains

(2-3 things I want to **stop** doing)

1.

2.

3.

## Brain Gains

(2-3 things I want to **start** doing)

1.

2.

3.



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