

Brain Fit Now!

Powered by the Brain Booster Six™



MINDFULNESS PRACTICES

Explore different practices, make notes, and select at least one for each of the following categories:

Fast 0 - 5 minutes | Casual 20 - 30 minutes | Premium: more than 1 hour.

Aromatherapy

Breath Work

Coloring

Gratitude

Guided Imagery

Laughter

Meditation

Massage

Nap

Nature

Brain Fit Now!

Powered by the Brain Booster Six™



MINDFULNESS PRACTICES

Explore different practices, make notes, and select at least one for each of the following categories:

Fast 0 - 5 minutes | Casual 20 - 30 minutes | Premium: more than 1 hour.

Physical Activity

Prayer

Reading

Social Connections

Tai-Chi

Laughter

Time Management

Yoga

Hobbies & Interests
