

TOTAL BRAIN HEALTH GRATEFUL THINKING JOURNAL



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We have so many reasons to be grateful to our brains! Acknowledging all the wonderful things our brains do each day is a great way to help ourselves focus on the positive aspects of our cognitive function, and boost our confidence in our ability to be brain healthy.

Each day this week, use this journal to write down at least two reasons you have to give your brain some appreciation.

And we'll start! We are grateful that your brains have made you part of our Total Brain Health Family!

The Total Brain Health Team

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TO MY BRAIN FOR...

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