

Build a **Mighty** Brain with The 4 Pillars of Brain Health



You've got this :)

1 Eating an Organic, Whole Food, Diet

Think about what you CAN eat: fruits, vegetables, meat and gluten free grains. Do the best you can. It's hard to eat all organic, but focus on real, God-designed food for your body. *And, don't despair!* Hamburger and french fries can still be had with organic, grass fed beef, gluten free buns and sliced organic potatoes with a tablespoon of avocado oil cooked in the air fryer. Spaghetti with gluten free noodles and tacos or nachos with corn shells and chips.

Write a one sentence action plan describing one change you can make to your diet right now:*

2 Eliminating Toxins in Your Home

Write a one sentence action plan describing how you'll eliminate in-home toxins right now:*

3 Making Movement a Priority in Your Daily Schedule

Write a one sentence action plan describing how you'll add movement into your child's day:*

4 Prioritizing Sleep and Creating a Bedtime Routine

Write a one sentence action plan describing your child's new schedule to improve sleep:*

PRAYER: Dear Heavenly Father, thank You for our amazing body and mind. Forgive me for times when I have taken this gift for granted. Give me the motivation to take the best care of myself and show me how to teach my child how to treat their body as the temple of God, nurturing it in loving ways. Help me to _____
_____ In Jesus' name, I pray. Amen.

“Do you not know that you are God's temple and that God's Spirit dwells in you? If anyone destroys God's temple, God will destroy that person. For God's temple is holy, and you are that temple.”

1 Corinthians 3:16–17 NRSV