



## A Collaboration between Me and My Health

### Mindfully Deciding How I Do What I Do

1. In the **What I Do** column, list some of the most important day-to-day activities, actions or ways of thinking that you do in regard to your health.
2. Write down how each one is accomplished when you're operating in **Safety Brain Mode**.
3. Write down how each is accomplished when you're operating in **Connected Brain Mode**.
4. Determine which version you'd prefer to put on autopilot going forward, and how you will support yourself when you slip into Safety Brain Mode and would like to pull yourself out.

Safety Brain Version	Things I Do	Connected Brain Version
	<p><b>Examples:</b> Communicating with family and friends, pain management, stretching 10 minutes a day, making a healthy meal, carving out time for yourself, etc.</p> <p>1</p> <p>2</p> <p>3</p>	

### My Experiment

Choose one area to begin experimenting with the Connected Brain version of yourself

What is the experiment:

To share your progress and support one another:  
[facebook.com/groups/ourexperiments](https://www.facebook.com/groups/ourexperiments)

Amount of time the experiment will last:

Who I will ask to support me: