



30-DAY HAPPINESS CHALLENGE

COURSE



Daily Journal Entry Guide

Secret 1: Know your unique Brain Type.

Question 1. Am I focused on what makes me uniquely happy each day?

Habit 1: Choose at least 1 thing to do today that makes you (and your Brain Type) happy from one of the 4 Circles.

Here are a few examples that increase happiness for all Brain Types:

Biological Circle (how your physical body and brain function)

- Exercise targeted to your Brain Type
- Physical affection
- Gaze into your spouse's eyes
- Get a massage
- Get 7-8 hours of sleep

Psychological Circle (developmental issues and how you think)

- Start your day with "Today is going to be a great day."
- Write down any distressing thoughts
- Focus on what you like
- Watch a comedy
- Write down your 5 happiest life experiences

Social Circle (social support, your current life situation, and societal influences)

- Call a friend
- Eat dinner as a family
- Send an appreciation text to someone
- Limit screen time
- Work on your resume



Spiritual Circle (your connection to God, the planet, past and future generations)

- Pray
- Meditate
- Volunteer
- Be a mentor to someone
- Do a random act of kindness

Secret 2: Optimize the physical functioning of your brain.

Question 2. Is this good for my brain or bad for it?

Habit 2: Choose at least 1 happy BRIGHT MINDS brain habit from the following recommendations to focus on today. Work on a different risk factor each day.

B is for Blood Flow – Exercise, take supplements such as ginkgo biloba, start prevention strategies.

R is for Retirement/Aging – Learn something new, take a class, volunteer.

I is for Inflammation – Increase dietary omega-3 fatty acids, eat an anti-inflammatory diet, take supplements such as fish oil, probiotics, and curcumins.

G is for Genetics – Get screened for family health issues, get serious about brain health.

H is for Head Trauma – Protect your head, wear a helmet when biking etc., refrain from contact sports, wear a seat belt, avoid climbing ladders, hold handrails on stairs, never text while walking or driving.

T is for Toxins – Reduce or eliminate intake of alcohol, nicotine, or caffeine, and exposure to mold, harmful household cleaners and personal care products, etc.

M is for Mental Health – Eliminate ANTs, exercise, seek treatment.

I is for Immunity/Infections – Optimize vitamin D levels; eat mushrooms, onions, and garlic; see a functional medicine doctor to test for Lyme disease, long-haul COVID, etc.

N is for Neurohormones – Test and optimize your hormones

D is for Diabetes – Eliminate sugar, be calorie smart.

S is for Sleep – Target 7-8 hours, get evaluated for sleep apnea if you snore, practice good sleep hygiene.



Secret 3: Nourish your unique brain.

Question 3. Am I nourishing my unique brain each day?

Habit 3: Take basic supplements and those targeted to my Brain Type each day.

HAPPY NUTRACEUTICALS

The 4 Basics Every Brain Type Needs to Be Happy:

1. Multiple Vitamins/Minerals
2. Vitamin D: Optimize your level
3. Omega-3 fatty acids
4. Probiotics (means “for life”)

Nutrients to Make You Happy Based on Brain Type:

Brain Type	Balanced	Spontaneous (DA)	Persistent (S)	Sensitive (Oxt, EN)	Cautious (GABA)
Basics for all	Multivitamin/mineral, Omega-3s, Optimize vitamin D, Saffron, Zinc, Curcumin				
Type Specific Happiness Nutrients		L-tyrosine, rhodiola, ginseng, green tea extract	5HTP, St. John's wort, vitamins B6, B12, methylfolate	SAMe, DL phenylalanine, vitamin C, magnesium	GABA, magnesium, vitamin B6, l-theanine, valerian

Secret 4: Choose foods you love that love you back.

Question 4. Do I choose foods I love that love me back?

Habit 4: Increase fruits and vegetables intake and choose at least 3 of the following Happy Foods that make you feel good now AND later.

HAPPY FOODS & BEVERAGES

Beverages:

1. Water
2. Sparkling water (add a splash of chocolate or orange stevia [brand: Sweet Leaf] for a refreshing, calorie- and toxin-free “soda”)



3. Spa water – sparkling water with berries, a sprig of mint, or a slice of lemon, orange, peach, or melon
4. Herbal tea
5. Unsweetened almond milk (for amazing taste, add a few drops of flavored stevia)
6. Coconut water
7. Lightly flavored waters, such as Hint
8. Vegetable juice or green drinks (without added fruit juice)
9. Water with cayenne pepper to boost metabolism
10. Beet juice (to increase blood flow)
11. Cherry juice (to help sleep)

Nuts, Seeds, Nut and Seed Butter, and Meal:

1. Almonds, raw
2. Almond flour
3. Almond butter
4. Brazil nuts
5. Cacao, raw
6. Cashews
7. Cashew butter
8. Chia seeds
9. Coconut
10. Flax seeds
11. Flax meal
12. Hemp seeds
13. Pistachios
14. Pumpkin seeds
15. Sesame seeds
16. Walnuts
17. Quinoa



Legumes (small amounts, all high in fiber and protein, help balance blood sugar:

1. Lentils
2. Chickpeas
3. Green peas
4. Hummus
5. Kidney beans
6. Black beans
7. Pinto beans
8. Navy beans

Fruits (choose low-glycemic, high-fiber varieties):

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|----------------------------|--------------------|------------------|
| 1. Acai berries | 15. Honeydew melon | 29. Pumpkin |
| 2. Apples | 16. Kiwi | 30. Raspberries |
| 3. Apricots | 17. Kumquat | 31. Strawberries |
| 4. Avocados | 18. Lemons | 32. Tangerines |
| 5. Blackberries | 19. Lychee | 33. Tomatoes |
| 6. Blueberries | 20. Mangosteen | |
| 7. Cantaloupe | 21. Nectarines | |
| 8. Cherries | 22. Olives | |
| 9. Cranberries | 23. Oranges | |
| 10. Figs | 24. Passion fruit | |
| 11. Goldenberries | 25. Peaches | |
| 12. Goji berries | 26. Pears | |
| 13. Grapefruit | 27. Plums | |
| 14. Grapes (red and green) | 28. Pomegranates | |



Vegetables:

1. Artichokes
2. Arugula
3. Asparagus
4. Bell peppers
5. Beets and beet greens
6. Broccoli
7. Brussels sprouts
8. Butter lettuce
9. Butternut squash
10. Cabbage
11. Carrots
12. Cauliflower
13. Celery
14. Celery root
15. Chlorella
16. Chicory
17. Collard greens
18. Cucumber
19. Garlic
20. Green beans
21. Horseradish
22. Jicama
23. Kale
24. Leeks
25. Maca root
26. Mustard greens
27. Okra
28. Onions
29. Parsley
30. Parsnips
31. Red or green leaf lettuce
32. Romaine lettuce
33. Scallions
34. Seaweed
35. Spinach
36. Spirulina
37. Summer squash
38. Sweet potatoes
39. Swiss chard
40. Turnips

Prebiotic Foods:

1. Dandelion greens
2. Psyllium

(Also: artichokes, asparagus, chia seeds, beans, cabbage, raw garlic, onions, leeks, and root vegetables, including sweet potatoes, yams, squash, jicama, beets, carrots, turnips)

Probiotic Foods:

1. Sauerkraut
2. Kefir
3. Kimchi
4. Kombucha tea
5. Miso soup
6. Pickles
7. Brined vegetables (not vinegar)
8. Spirulina
9. Chlorella



Mushrooms:

1. Reishi
2. Shiitake
3. Oyster
4. Porcini
5. White button
6. Maitake
7. Shimeji
8. Chanterelle
9. Black Truffles
10. Chaga

Oils:

1. Avocado oil
2. Coconut oil (stable at high temperatures)
3. Macadamia nut oil
4. Olive oil (stable only at room temperature)

Eggs/Meat/Poultry/Fish:

1. Chicken or turkey
2. Eggs
3. Lamb (high in omega 3s)
4. Salmon, wild caught
5. Sardines, wild caught
6. Arctic char
7. Scallops
8. Shrimp
9. Rainbow trout
10. King crab

Brain Healthy Herbs and Spices:

1. Basil
2. Black pepper
3. Cayenne pepper
4. Cinnamon
5. Cloves
6. Curcumin
7. Garlic
8. Ginger
9. Marjoram
10. Mint



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| 11. Nutmeg | 16. Saffron |
| 12. Oregano | 17. Sage |
| 13. Parsley | 18. Thyme |
| 14. Peppermint | 19. Turmeric |
| 15. Rosemary | |

Special Category

1. Shiratake noodles (the root of a wild yam plant—brand name Miracle Noodles—to replace pasta noodles)

