

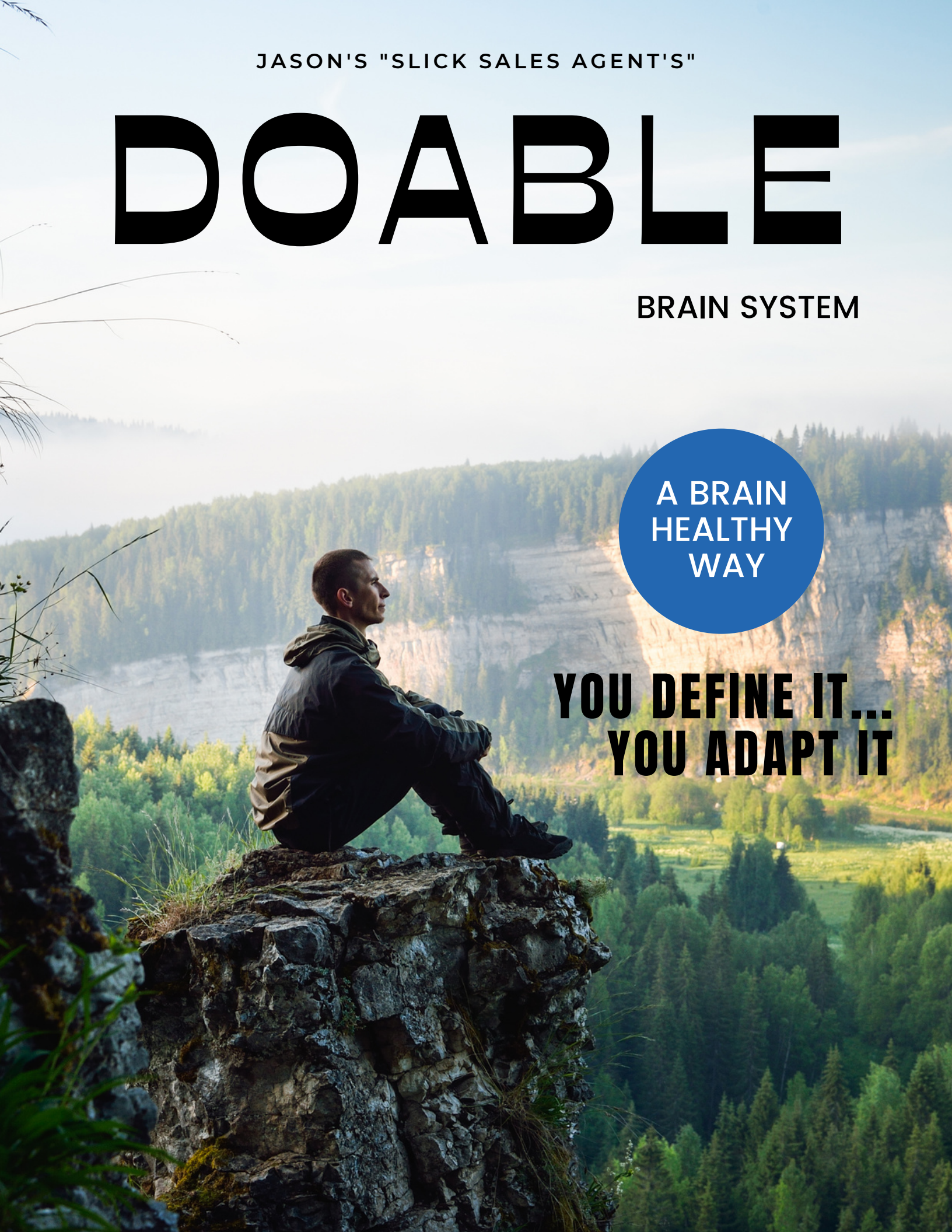
JASON'S "SLICK SALES AGENT'S"

DOABLE

BRAIN SYSTEM

A BRAIN
HEALTHY
WAY

**YOU DEFINE IT...
YOU ADAPT IT**



”

“Our most precious gift is our brain. It is what allows us to learn, love, think, create, and even to experience joy. It allows us to innovate, grow, and accomplish.”

Jim Kwik



The DOABLE Brain Health System



theSLICKSALESAGENT.com

Greetings!

During the height of my selling days, I never took the time to really understand the power of my brain. I certainly was far removed from any brain healthy activities being a slave to my schedule, emails and the chase for the next sale to load into the pipeline.

The greatest brain lesson I learned over the past 5 years was courtesy of Dr. Daniel Amen who is a physician and double board certified psychiatrist. He said boldly; "you can change your brain and, in turn, can change your life".

I believe there are some fundamental activities that can be done each day to keep your brain in an optimal and healthy state. I put together my own system to assist me each day which I will share with you. The knowledge I gained coupled with action has led to my personal success. It is a lifelong discipline that I really love. I have that "Brain Envy" that Dr. Amen talks about. My love for Brain Health motivated me to becoming a Certified Brain Health Professional through Amen University. My goal is simple....to serve others.

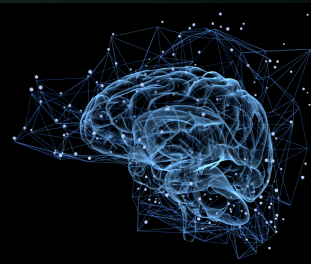
I wish you well on your Brain Health journey my friends!

Jason Julian

Author, Brain Health Professional,
Sales Consultant



Do it



THE DOABLE BRAIN HEALTH SYSTEM

Defined Obtainable & Adaptable BrainHealth Learning Empowerment

Understanding and loving your brain will have a profound impact on your overall health and wellness. I believe we all need to look at some core practices each day with a few extra activities to ensure Brain Fitness and, above all, enjoy the "doing". Have fun with it and note your changes and feelings. Ok, First things First. Where can you obtain knowledge on Brain Health so you are empowered to action?

My Favorite RESOURCES

01

Amen Clinics:

<https://www.youtube.com/c/AmenClinic/videos>

02

Jim Kwik Learning:

<https://www.youtube.com/user/kwiklearning>

03

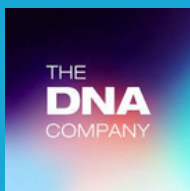
Brain Facts:

<https://www.brainfacts.org/>



The DNA Company

Brain Health needs a baseline. I call it an Operating Manual. The DNA Company provides just that with their innovative products. I have completed my test and now have a roadmap to work from.



Prevent Disease. Optimize Performance

Every cellular process in your body is instructed by the 22,000 genes that make up your genetic code. Our nutrition, lifestyle and environment decisions impact our genetic function. Decode your genes so you can make the right choices.

www.thednacompany.com



CORE

Daily Functions for Brain Health Empowerment:

(Inspired by Dr Daniel Amen)

01

Each morning upon waking say:
"Today is Going to be a Great Day"

02

Feed Your Brain. Be aware of what foods are best for your brain as well as supplements. There are lots of great videos to help explain the importance food plays for your brain. Here is one video that I thought was very educational.
<https://www.youtube.com/watch?v=qa7zGZmiLNk>

03

Kill the ANTs (Automatic Negative Thoughts) that invade your brain.
<https://www.youtube.com/watch?v=W-sMA6WUA2k>

04

Brain Exercise: move your body. Exercise boosts blood flow to the brain. Walk, dance, swim etc

05

Work Your Brain: Learn something new each day... one way is through reading! Einstein said that if a person studies a subject for just 15 minutes a day in a year he will be an expert, and in five years he may be a national expert. Learning is good for your brain. <https://www.creativityatwork.com/amen-7-ways-to-optimize-your-brain-your-life/>

06

Get Good Consistent sleep: what is your sleep routine? What can you do to promote a better and more consistent sleep?

BRAIN MENU



BRAIN HEALTH MENU

Choose one to three activities from the below menu each day. Mix it up from time to time as well for variety. Have fun!!

01

Journaling: Gratitude journal or a thought journal etc. It can be as easy as jotting down each day 3 things you are grateful for.

02

Do a Digital Detox: that could be a full day of no cell phone, social media etc...a complete plugging out! Or each day 30-60 min before bed you turn off all electronics and screens.

03

Meditation: a simple 5 minutes or 15 will have a great impact on Brain health. There are so many methods to try so have fun exploring and finding which ones work best for you.

04

Breathing: proper breathing can have so many positive benefits. Like meditation there are some fun ways to learn and incorporate into your daily life.

05

Listen to music: it transports us to magical places from our past to make believe. Take time to sit still and simply enjoy your favorite tunes for 15 min

06

Virtual Reality: Oculus Quest: Tripp app is really neat to place you in a calming setting to think and wonder.

07

Phone apps like Calm, 10% Happier etc....they all have a broad range of programs to suit any style.

08

Clean up the clutter (home and or office/car) Don't you focus better when you have an uncluttered desk? Your external world is a reflection of your internal world. (Jim Kwik)

Additional Resources, Tools and References

Below are some of my favorites that I personally use in my Brain Health journey:

01

Komuso The Shift: The Shift was created by Todd & Vanessa Steinberg, husband and wife team, and co-founders of Komuso Design. They were both very stressed out and feeling disconnected. They knew they needed a change and created a simple breathing device called the Shift. The Shift helps you slow down your breath, which directly calms down your body's response to stress and quiets your nervous system. Breathing better with the Shift and some easy to follow steps will help reduce the feeling of anxiety after a few minutes. I use mine daily and love it! Check it out: <https://www.komusodesign.com/jason-julian> use code MeQ20 for discount

02


Essential Oils: A great edition to any Brain Health system. I use them daily and make my own inhalers. You can have a diffuser in your office or bedroom. Where do I get my essential oils? I love Jade Bloom. Pricing and the learning they give for free. Click "University" at the top of the page. It is fantastic. <https://jadebloom.com/>

03

Music: I could list so many here because I believe music is so powerful. I am a fan and user of WHOLETONES. It is great for sleep and winding down. I secured discount here: https://wholetones.com/?a_aid=myMeQ20 I also love Paul Cardall and accuradio.com for a variety of free music listening depending on my mood.

04

Meditation Apps: Its wide open and my best advice is to try them all until you find a few meditation methods that work best and effectively for you. The progress is in the doing so do what you enjoy then you will enjoy consistency which is key to success. I have used Calm, FLOW, Balance and 10% Happier to name a few. They are all great and worth investigating. This article can assist: <https://www.healthline.com/health/mental-health/top-meditation-iphone-android-apps#A-quick-look-at-the-best-meditation-apps>



“Your brain is the organ of your personality, character, and intelligence and is heavily involved in making you who you are.”
— Daniel G. Amen

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JULIAN

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