



## 30-Day Brain Rot Reset

A gentle challenge to rewire your brain for action. This is not about productivity — it's about helping your brain move from shutdown to engagement, one small step at a time.

### Step 1: Notice Your Patterns (Week 1)

When does brain rot show up most for me?	
Where am I usually when it happens?	
What am I doing just before I zone out?	
What am I trying to avoid or escape?	

### Step 2: Choose One Primary Offender (Week 2)

Scrolling • Streaming • Sitting too long • Vague goals • Overwhelm • Environment • Other

### Step 3: My Do-the-Opposite Plan

Instead of this:	
I will do this:	

### Step 4: Build Activation (Weeks 3–4)

Hourly movement alarm • Change app placement • Upright seating or walking pad • Built-in movement (walks, meetings, classes)

### My One Small Activation Goal This Week

What I will do:	
When:	
Where:	
How long:	

Reminder: Brain rot is not laziness. Small, consistent actions — not willpower — rewire your brain toward clarity, energy, and engagement.