Longevity in Action  
Challenge your brain

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Word or phrase to sum up the day: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Questions you may want to consider for this journal entry:**

“What did I learn today?”

“What else have I always wanted to learn?”

“What are some other ways in which I can challenge my brain?”

**Consider how you would complete these statements:**

“I want to explore \_\_\_\_\_\_\_\_\_\_\_\_.”

“I want to know \_\_\_\_\_\_\_\_\_\_\_.”

**Journal Entry**

*“I have no special talents. I am only passionately curious.”*

– Albert Einstein

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