

# Train My Brain

August 2026



*a 31 Day experiment!*

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|    |    |    |    |    |    |    |   |
|----|----|----|----|----|----|----|---|
|    |    |    |    |    |    | 1  | 2 |
| 3  | 4  | 5  | 6  | 7  | 8  | 9  |   |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |   |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |   |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |   |
| 31 |    |    |    |    |    |    |   |

*"The goal of meditation isn't to control your thoughts; it's to stop letting them control you."*

