

# quickSHIFT Medicine Cabinet Check

The goal of this exercise is not only to help you organize your medications and supplements, but also to create an outline and history of your journey that will be helpful when you start the brainSHIFT Protocol in section three of this book.

## Make a list of the following items:

- The medications and supplements you are currently taking for sleep, anxiety, focus/attention (Busy Brain).
- Prescription medications you have tried for sleep, anxiety, or focus/attention in the past.
- Over-the-counter medications you have tried for Busy Brain in the past.
- Supplements you have tried in the past.
- Smartphone applications, online programs, or other technology you have tried using or are currently using.

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