

Evaluate Your Brain Food

Want to be spiritually fit? Start by honestly evaluating what you're allowing into your mind. Fill out the table below to get an overall picture of what you're feeding your brain. I've filled in a few "source" blanks to get you started. Be as honest and as comprehensive as possible.

Source of brain "food"	Amount of time spent per week	Percent that meets Philippians 4:8 standards	How this source shapes your thinking
<i>Television/Movies</i>			
<i>Music</i>			
<i>Social media /internet</i>			
<i>Bible reading</i>			
<i>Books</i>			
<i>Podcasts/TED Talks</i>			