

Reignite

REIGNITE

COMPANION JOURNAL

Harnessing Neurogenesis to Age Optimally
Replay, Reflect & Resolve™
and Curate a Healthspan of Vitality and Purpose



Because transformation begins with one intentional step.

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WELCOME, REIGNITER.

This is where insight becomes intention.

REIGNITE Replay, Reflect & Resolve™ was created to help you move beyond simply reading the science and begin applying it to your own life. Each chapter page invites you to revisit what matters, connect it to your own story, and choose one meaningful action.

REPLAY

Revisit the ideas you most want to remember.

REFLECT

Connect those ideas to your beliefs, experiences, habits, and possibilities.

RESOLVE

Decide what you want to do differently.

MY REIGNITE STEP

Choose one intentional action. Not ten. One.

A NOTE BEFORE YOU BEGIN

This is not another standard against which to measure yourself. Write honestly. Leave blanks. Return later. Change your mind. Begin again. The goal is not perfection; it is participation. As new practices become part of your life, layer them gradually and sustainably over time.

You do not have to change everything at once.

You simply have to begin.



REPLAY

What do I want to remember?

- ◆ Aging and decline are not synonymous. Human development - and our capacity for growth, adaptation, learning, and change - continues across the lifespan.
- ◆ The stories we absorb about aging can become expectations, and those expectations can influence how we approach our own futures.
- ◆ Emerging science invites us to replace an exclusively decline-centered view of aging with one that also recognizes resilience, possibility, and continued development.



REFLECT

What does this reveal about me?

- ◆ What messages about aging have I absorbed from my family, culture, media, or personal experiences?
- ◆ Which of those messages have shaped what I expect my own later years to look like?
- ◆ If I released the assumption that my best years must be behind me, what might I begin imagining for the years ahead?



RESOLVE

What will I do differently?

Identify one choice you are ready to make or rewrite.

The old story I am releasing:

The new story I choose to write:



MY REIGNITE STEP

This week, I will take one action that reflects the future I am choosing to create:

"The story of your future is still being written. You hold the pen."

Missing Persons' Report: Understanding Cognitive Decline



REPLAY

What do I want to remember?

- ◆ Significant cognitive decline is not an inevitable part of aging. Persistent changes that interfere with everyday functioning deserve attention.
- ◆ Mild Cognitive Impairment is not necessarily a predetermined path to dementia. Cognitive changes can have many causes, and some contributing conditions may be treatable or reversible.
- ◆ Awareness is not about fear. Understanding what is typical - and recognizing meaningful change - creates an opportunity to seek evaluation and take informed action.



REFLECT

What does this reveal about me?

- ◆ When I think about cognitive aging, what emotion arises first - fear, curiosity, confidence, avoidance, hope, or something else?
- ◆ Have experiences in my family or with someone I love shaped what I believe will happen to my own brain as I age?
- ◆ What would change if I viewed attention to cognitive health as an act of self-knowledge and self-advocacy?



RESOLVE

What will I do differently?

Identify one choice you are ready to make or rewrite.

One thing I understand differently now:

One question about my brain health I want to explore:



MY REIGNITE STEP

I will choose one way to become a more informed advocate for my cognitive health:

"Awareness is not an invitation to fear the future. It is an opportunity to participate in it."

When Neuroscience Changed Its Mind: The Evolution of Neurogenesis



REPLAY

What do I want to remember?

- ◆ The adult brain is not biologically fixed. Neuroplasticity allows neural networks to adapt and reorganize, while neurogenesis shows that new neurons can arise in specific regions of the adult brain.
- ◆ Neurogenesis is not a miracle cure or guarantee against cognitive decline. Its deeper promise is evidence that the brain remains biologically responsive throughout adulthood.
- ◆ We cannot control every influence on brain health, but we are not powerless. Our experiences help shape the environment in which the brain lives.



REFLECT

What does this reveal about me?

- ◆ What have I assumed I am too old to learn, begin, change, or become?
- ◆ Where in my life have I mistaken something familiar or long accepted for something permanently fixed?
- ◆ If I truly believed that growth remains possible throughout my life, what possibility might I reconsider?



RESOLVE

What will I do differently?

Identify one choice you are ready to make or rewrite.

One limitation I am ready to reconsider:

One way I can practice better stewardship of my brain:



MY REIGNITE STEP

I will choose one small experience that asks my brain to engage, adapt, or learn:

"Your future does not require certainty to hold possibility. The story is still unfolding."

**REPLAY**

What do I want to remember?

- ◆ Stress is not merely emotional; it is biological. Chronic activation of the stress response can affect attention, memory, sleep, cardiovascular health, and resilience.
- ◆ The goal is not to eliminate stress. The goal is to build restoration into life often enough that stress does not get the final word.
- ◆ Small restorative practices can become intentional ways of caring for the nervous system. Stress management is brain maintenance.

**REFLECT**

What does this reveal about me?

- ◆ Where has chronic stress become so normal in my life that I have stopped recognizing it as stress?
- ◆ What does my body - or my behavior - tell me when I have been carrying too much for too long?
- ◆ Which restorative practice have I been telling myself I do not have time for?

**RESOLVE**

What will I do differently?

Identify one choice you are ready to make or rewrite.

One source of unnecessary stress I can reduce or approach differently:

One restorative practice I will intentionally protect:

**MY REIGNITE STEP**

I will create one intentional interruption in my stress cycle today:

"Restoration is not what you earn after everything is finished. It is part of how you remain well enough to keep becoming."

**REPLAY**

What do I want to remember?

- ◆ Sleep is not lost time. While I sleep, my brain supports memory, emotional regulation, learning, cellular maintenance, and other restorative processes.
- ◆ Restorative sleep supports systems involved in organizing experience and clearing metabolic waste.
- ◆ Chronic sleep disruption can affect attention, mood, judgment, cardiovascular and metabolic health, and long-term cognitive health.

**REFLECT**

What does this reveal about me?

- ◆ What messages have I absorbed about sleep, rest, productivity, and success?
- ◆ When life becomes busy, is sleep one of the first things I sacrifice?
- ◆ If I viewed sleep as essential brain maintenance rather than time taken from productivity, what would I protect differently?

**RESOLVE**

What will I do differently?

Identify one choice you are ready to make or rewrite.

One habit that may be interfering with restorative sleep:

One bedtime boundary or practice I am willing to protect:

**MY REIGNITE STEP**

I will choose one change to support tonight's sleep:

"Rest is not time taken away from your life. It is part of how your brain prepares you to live it well."

**REPLAY**

What do I want to remember?

- ◆ My brain does not need a perfect diet. It needs a consistently supportive nutritional environment.
- ◆ Brain-supportive nutrition is about patterns, not perfection. Repeated choices help create the biological environment in which my brain lives.
- ◆ Metabolic, cardiovascular, and brain health are interconnected. No single miracle food, fasting schedule, or supplement can guarantee brain health.

**REFLECT**

What does this reveal about me?

- ◆ When I think about nutrition, do I approach food from nourishment - or restriction, guilt, convenience, habit, or confusion?
- ◆ Looking at what I eat and drink on an ordinary Tuesday, what patterns do I notice?
- ◆ If I stopped asking what I should eliminate and began asking what my brain needs more of, what might change?

**RESOLVE**

What will I do differently?

Identify one choice you are ready to make or rewrite.

One thing I want to ADD more consistently:

One pattern I want to REDUCE or reconsider:

**MY REIGNITE STEP**

I will choose one realistic act of nourishment to practice this week:

"Your brain does not need you to eat perfectly. It needs you to nourish it intentionally."

**REPLAY**

What do I want to remember?

- ◆ Meaningful connection is part of a brain-supportive life. Social engagement activates cognitive processes while supportive relationships can help buffer stress.
- ◆ Loneliness and social isolation are related but different. I can be surrounded by people and still feel lonely - or spend time alone while remaining deeply connected.
- ◆ Healthy connection is built on trust, reciprocity, respect, emotional safety, authenticity, and genuine care.

**REFLECT**

What does this reveal about me?

- ◆ Who are the people with whom I feel most seen, safe, supported, and fully myself?
- ◆ Have I allowed busyness, distance, loss, or time to weaken a relationship that still matters to me?
- ◆ Where do I currently experience genuine belonging - and where might I be craving deeper connection?

**RESOLVE**

What will I do differently?

Identify one choice you are ready to make or rewrite.

One relationship I want to nurture more intentionally:

One place where I can create greater belonging:

**MY REIGNITE STEP**

I will make one meaningful connection today:

"Do not wait for connection to find you. Sometimes belonging begins when you decide to reach first."



REPLAY

What do I want to remember?

- ◆ Movement is not merely about weight, appearance, or athletic performance. It supports cardiovascular and metabolic health, strength, mobility, balance, brain function, and engagement with life.
- ◆ My brain benefits from different kinds of movement - aerobic activity, strength-building, balance and mobility work, and interrupting long periods of sitting.
- ◆ The best movement is movement that is safe for my body, meaningful to me, and enjoyable enough that I will keep doing it.



REFLECT

What does this reveal about me?

- ◆ When I hear the word exercise, what comes to mind - pleasure, punishment, obligation, confidence, intimidation, possibility, or something else?
- ◆ What kinds of movement have I genuinely enjoyed at different times in my life?
- ◆ Ten, twenty, or thirty years from now, what do I hope my body will still allow me to do?



RESOLVE

What will I do differently?

Identify one choice you are ready to make or rewrite.

One physical capability I want to protect or strengthen:

One form of movement I can realistically make part of my life:



MY REIGNITE STEP

I will give my body one additional opportunity to move today:

"Do not train simply to look younger. Train to keep saying YES to your life."

**REPLAY**

What do I want to remember?

- ◆ Learning does not belong to youth. The brain retains a lifelong capacity to adapt, strengthen connections, and reorganize in response to meaningful experience.
- ◆ Curiosity prepares the brain to engage. When something genuinely interests me, attention, motivation, memory, and learning can work together.
- ◆ I do not have to become an expert for learning to matter. There is tremendous value in being willing to become a beginner again.

**REFLECT**

What does this reveal about me?

- ◆ What have I quietly decided I am too old to learn, try, understand, or become?
- ◆ When was the last time I allowed myself to be a true beginner - awkward, uncertain, curious, and still willing to continue?
- ◆ What am I genuinely curious about right now?

**RESOLVE**

What will I do differently?

Identify one choice you are ready to make or rewrite.

One thing I have always wanted to learn:

One way I can begin learning it:

**MY REIGNITE STEP**

I will become a beginner at one small thing:

"You are not too old to become a beginner. Growth is still expected here."

**REPLAY**

What do I want to remember?

- ◆ Joy is not frivolous or something I must earn after every responsibility is complete. Positive emotional experiences can support resilience, connection, and well-being.
- ◆ My attention matters. Intentionally noticing beauty, humor, kindness, awe, connection, and delight expands what my brain is invited to experience.
- ◆ Joy does not require extraordinary circumstances. Small moments of pleasure, wonder, laughter, anticipation, and connection can become meaningful parts of an emotionally rich life.

**REFLECT**

What does this reveal about me?

- ◆ Have I unconsciously treated joy as something I must earn after the work is finished?
- ◆ What activities, people, places, sounds, experiences, or simple moments reliably make me feel fully alive?
- ◆ What joy have I been postponing while waiting for life to become less busy?

**RESOLVE**

What will I do differently?

Identify one choice you are ready to make or rewrite.

One small joy I want to notice more often:

One joyful experience I have been postponing:

**MY REIGNITE STEP**

I will put one thing to look forward to on my calendar:

"Do not become so busy adding years to your life that you forget to add life to your years."

**REPLAY**

What do I want to remember?

- ◆ My healthcare providers bring medical expertise, but I bring essential information too - my experiences, symptoms, history, priorities, observations, and goals.
- ◆ Health advocacy is not about distrusting physicians. It is about creating a partnership through preparation, thoughtful questions, shared decision-making, and informed participation.
- ◆ Information is abundant, but information is not automatically evidence. I can learn to distinguish credible science from testimonials, sensational claims, misinformation, and marketing.

**REFLECT**

What does this reveal about me?

- ◆ When I enter a healthcare setting, do I tend to become an active participant - or a passive recipient?
- ◆ Have I ever left an appointment wishing I had asked a question, mentioned a symptom, requested clarification, or spoken up?
- ◆ What do I wish my healthcare providers better understood about me, my body, my priorities, or the future I am trying to protect?

**RESOLVE**

What will I do differently?

Identify one choice you are ready to make or rewrite.

One question I want to ask at my next healthcare appointment:

One aspect of my health I want to understand or track more intentionally:

**MY REIGNITE STEP**

I will begin - or update - my personal health record and prepare one question for my next visit:

"You do not have to become the expert in medicine. Become the expert in paying attention to you."



REPLAY

What do I want to remember?

- ◆ Healthy aging is not built through one extraordinary decision. It emerges from ordinary choices repeated with consistency.
- ◆ My brain does not require perfection. When life interrupts healthy habits, the goal is not failure-free living. The goal is returning.
- ◆ Through Lifestyle Layering™, I can combine complementary practices so healthy choices support one another naturally.
- ◆ My environment matters. I can arrange my physical, social, and digital surroundings so they make the life I want to live easier to practice.



REFLECT

What does this reveal about me?

- ◆ Looking across the REIGNITE journey, which pillar is already strongest in my life?
- ◆ Which one is asking for more of my attention?
- ◆ When I have tried to make changes before, has perfection ever caused me to abandon progress?
- ◆ If I stopped trying to transform my entire life and simply committed to showing up consistently, what might become possible?



RESOLVE

What will I do differently?

Identify one choice you are ready to make or rewrite.

One healthy behavior I want to become part of who I am:

One change to my environment that will make that behavior easier:



MY REIGNITE STEP

I will create my first Lifestyle Layering™ practice:

"You do not have to change your entire life today. Make one choice your future self will thank you for - and keep showing up."