

## **OPTIMAL BRAIN FITNESS**

- 1. I engage in some form of learning on a regular basis ( reading, learning a language, musical instrument, change a routine ) Y N**
- 2. I share my skills with others- through demonstration, teaching, sharing, volunteering on a regular basis Y N**
- 3. I regularly engage in stimulating conversation and/or debate with others Y N**
- 4. I consciously limit screen time and passive intrusion of information into my mind Y N**
- 5. I practice some form of mindfulness regularly - consciously focusing my attention on one thing at a time Y N**
- 6. I spend time reflecting and processing my thoughts and feelings Y N**
- 7. I engage in mental activities that are challenging for me ( doing something I don't like ) Y N**
- 8. I play board games, chess, checkers, word games, trivia, crossword puzzles, cards, on a regular basis Y N**
- 9. I engage in some physical activity that challenges me to learn ( dancing, yoga, tai chi, qi gong, table tennis,) on a regular basis Y N**
- 10. I take a class, go to a seminar, lecture, art gallery, book reading on regular basis Y N**