

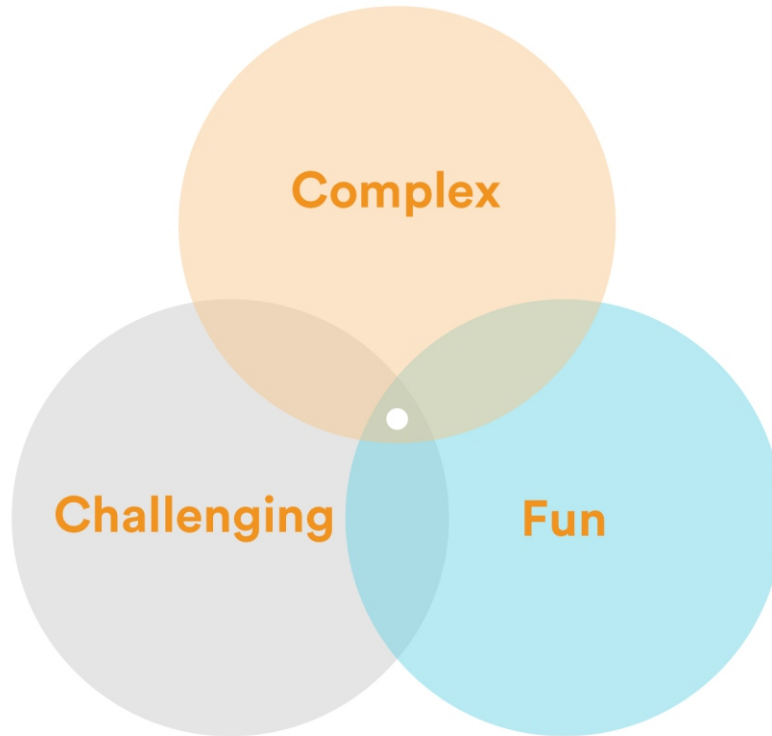


# NEURO ACADEMY

## WEEKLY BRAIN OPTIMIZATION PLAN



Your OPTIMAL brain activity is at the intersection of activities that are fun, complex and challenging for YOU! Only you can define the elements of these activities.



## Here are some possible examples:

### COMPLEX ACTIVITIES

Real-life activities that are not just 'connecting dots on a screen:

- ▶ Project management
- ▶ Learning new skills
- ▶ Problem solving
- ▶ Volunteering

### CHALLENGING ACTIVITIES

Activities that force neuronal connectivity:

- ▶ Learning a new language
- ▶ Public speaking
- ▶ Writing an article

### FUN ACTIVITIES

Activities around your tendencies, because they have intrinsic motivation:

- ▶ Board games, card games with friends
- ▶ Reading books: recall and process
- ▶ Playing a musical instrument
- ▶ Learning to dance
- ▶ Model building, crafts