

STAYING SHARP: MENTAL AGILITY & BRAIN GAMES

Protect Cognitive Health With Daily Mental Stimulation

	YES	NO
1 Do you regularly challenge your brain with puzzles, games, or strategy activities?	<input type="checkbox"/>	<input type="checkbox"/>
2 Have you built a routine that includes time for mental exercises or learning?	<input type="checkbox"/>	<input type="checkbox"/>
3 Do you read books, listen to podcasts, or watch educational content to stay informed?	<input type="checkbox"/>	<input type="checkbox"/>
4 Have you tried new hobbies or skills that require focus and concentration?	<input type="checkbox"/>	<input type="checkbox"/>
5 Do you socialize with others in ways that spark meaningful conversation or debate?	<input type="checkbox"/>	<input type="checkbox"/>
6 Have you explored brain-training apps, memory games, or logic exercises?	<input type="checkbox"/>	<input type="checkbox"/>
7 Do you practice mindfulness or meditation to improve mental clarity and awareness?	<input type="checkbox"/>	<input type="checkbox"/>
8 Are you able to recall names, appointments, or tasks with relative ease?	<input type="checkbox"/>	<input type="checkbox"/>
9 Have you consulted with a professional about maintaining or improving cognitive health?	<input type="checkbox"/>	<input type="checkbox"/>
10 Do you evaluate and adjust your activities to keep your mind engaged as you age?	<input type="checkbox"/>	<input type="checkbox"/>

QUESTIONS? CONTACT YOUR FINANCIAL ADVISOR



THE CENTER FOR
RETIREMENT READINESS

What Your Answers Might Mean:



7–10 Yes Answers: You Are Actively Supporting Cognitive Vitality: Your consistent efforts to engage your brain are helping you stay mentally sharp, agile, and alert throughout retirement.



4–6 Yes Answers: You're On The Right Path But Still Have Work To Do: You're making good choices to stay mentally active, but building more consistent habits can maximize your brain health.



0–3 Yes Answers: You May Be At Risk And Need To Take Immediate Action: Without regular stimulation, mental agility may decline—now is the time to prioritize activities that keep your brain strong and engaged.