

KEEPING THE MIND YOUNG

Boost Mental Agility By Engaging In Challenging Play

	YES	NO
1 Do you regularly engage in brain-stimulating activities like crosswords, Sudoku, or word games?	<input type="checkbox"/>	<input type="checkbox"/>
2 Have you explored strategy-based games such as chess, Scrabble, or bridge?	<input type="checkbox"/>	<input type="checkbox"/>
3 Do you set aside intentional time each week to challenge your cognitive skills?	<input type="checkbox"/>	<input type="checkbox"/>
4 Have you tried learning new games or puzzles to keep your brain active and adaptable?	<input type="checkbox"/>	<input type="checkbox"/>
5 Do you enjoy solving problems, riddles, or logic puzzles just for fun?	<input type="checkbox"/>	<input type="checkbox"/>
6 Have you participated in group puzzle-solving or strategic games with others for social engagement?	<input type="checkbox"/>	<input type="checkbox"/>
7 Do you track your progress or challenge yourself to complete harder levels or more complex puzzles?	<input type="checkbox"/>	<input type="checkbox"/>
8 Have you explored digital apps or brain-training programs designed to promote memory and focus?	<input type="checkbox"/>	<input type="checkbox"/>
9 Do you feel mentally sharper or more energized after completing a challenging game or puzzle?	<input type="checkbox"/>	<input type="checkbox"/>
10 Are you committed to using games and puzzles as part of your long-term brain health strategy?	<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 Sharpening Your Mind With Purpose: Your regular use of puzzles and strategy is enhancing your cognitive resilience and mental vitality.



4–6 Yes Answers: You're On The Right Path But Still Have Work To Do: You're incorporating some brain-stimulating habits—continued variety and consistency will strengthen your mental agility further.



0–3 Yes Answers: You May Be At Risk And Need To Take Immediate Action: A lack of mental challenge may lead to cognitive stagnation—now is the time to reintroduce puzzles and games to keep your mind sharp.