

DIGIT CATCH INSTRUCTIONS

DETAILED INSTRUCTIONS FOR USING THE TOOL

01 Start the Game

Launch Digit Catch

02 Watch the Sequence

Numbers flash on your screen one by one. Each number appears briefly before disappearing.

03 Remember the Highest Number

- Focus and mentally track the numbers as they appear.
- Your task is to remember the highest number shown in that sequence.

04 Respond Promptly

- When prompted, type or select the highest number you recall from that round.
- Each correct response earns you points.

05 Bonus Streaks

- Three or more correct responses in a row activate a bonus multiplier, increasing your score.
- As you progress, the numbers flash faster — challenging your concentration and memory.

05 End of Round

The game ends after a set number of rounds. Review your accuracy and streaks to track improvement.

MASTERCLASSES

- The Attention Architect: Design The Day for Deep Work
- The Sprint Mindset: Managing Cognitive Energy
- Hacking Flow: The Secret to Peak Productivity

MORE TOOLS

- Alpha Span
- Block Lock
- SET