

VISUAL MEMORY INSTRUCTIONS

DETAILED INSTRUCTIONS FOR USING THE TOOL

01 Set Up

- Sit in a quiet area with minimal distractions
- Open the Visual Memory exercise on the mind-n app/web and follow the instructions.
- Practice regularly and track your progress.

02 Masterclasses

- The Sprint Mindset: Managing Cognitive Energy
- Challenge–Skill Matching: Finding Your Flow Zone
- Hacking Flow: The Secret to Peak Productivity

03 More Tools

- Face Pace
- Complex Span
- Deck of Cards Challenge