

WORKING MEMORY INSTRUCTIONS

DETAILED INSTRUCTIONS FOR USING THE TOOL

01 Set Up

- Start with the Introductory Video to learn how working memory functions and why it's crucial for effective thinking and learning.
- Take the Assessment to Evaluate your baseline working memory performance to personalize your progress plan.
- Practice Regularly and Track Progress:
- Stay Consistent: Like muscle training, memory strength improves with repetition and challenge.

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