

MINDWORKS™ CHECKLIST

Before Mindworks™:

Date Started: _____

- Do you have a hard time waking up in the morning before coffee
- Do you have a hard time focusing at school or at work?
- When you have several things to do, do you jump from one thing to another?
- Do you have trouble retrieving words from your mind?
- Do you have trouble staying focused when attending an all-day meeting?
- Do you lose focus and forget what you were going to say when talking?
- Do you have trouble remembering names?
- Do you sometimes walk into a room & forget what you came in there for?
- Do you forget where you put your keys?
- Do you have restless sleep? Wake up during the night?
- Do you have trouble with recall? Remembering things you used to know.
- Do you have a hard time organizing your thoughts?
- Do you have brain fog?
- Do you have trouble paying attention?
- Does your mind wander?
- Do you get mid-day fatigue?
- My mind doesn't stay sharp all day.
- Can't recall things quickly
- Do you fumble for words when you are talking?
- Trouble remembering events and occurrences from months & years before.
- Do you have difficulty staying focused when studying or taking test?
- Do you often have to re-read things multiple times to comprehend it?
- Do you have difficulty memorizing poems, Songs, or text?
- Do you forget appointments?
- Do you see people and not remember how you know them?

After Mindworks™:

30 Days Later: _____

- Do you have a hard time waking up in the morning before coffee
- Do you have a hard time focusing at school or at work?
- When you have several things to do, do you jump from one thing to another?
- Do you have trouble retrieving words from your mind?
- Do you have trouble staying focused when attending an all-day meeting?
- Do you lose focus and forget what you were going to say when talking?
- Do you have trouble remembering names?
- Do you sometimes walk into a room & forget what you came in there for?
- Do you forget where you put your keys?
- Do you have restless sleep? Wake up during the night?
- Do you have trouble with recall? Remembering things you used to know.
- Do you have a hard time organizing your thoughts?
- Do you have brain fog?
- Do you have trouble paying attention?
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- Do you forget appointments?
- Do you see people and not remember how you know them?

Name: _____