



## “How Well Does your Mind Work?”

### CHECKLIST

We suggest that you review this checklist before taking Shaklee MindWorks™.

- 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?
- Do you jump from one thing to another when you have several things to do?
- 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 unrestful sleep? Wake up during the night?
- Do you have trouble with recall or 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?
- Does your mind stay sharp all day?
- Do you find you can't recall things quickly?
- Do you fumble for words when you are talking?
- Do you have 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?



#### **Take the Challenge!**

After using MindWorks™, we suggest you re-visit this checklist. Remember: Shaklee guarantees you will notice a difference ~ or your money back.