



## **TBH “AND THE AWARD GOES TO” WORKSHEET**

### **THE SCIENCE**

Studies have shown that higher cognitive self-efficacy can actually improve performance and the likelihood you’ll stick to better brain habits that can reduce your dementia risk. It’s so important to our health that the World Health Organization says self-efficacy is one of the most significant factors in successful aging.

### **NOW DO IT!**

Go around the room and share your thoughts on the classes. Did you achieve your goals for taking this course? What did you like best about the classwork? What did you learn? What will you continue to work on after this class ends?

### **TBH TAKEAWAY**

Feel proud of all you have accomplished with the Total Brain Health classes and remember to look daily for ways to keep your brain healthy.