



## TBH Focus

Spirit | *Believe in Yourself*

- Studies suggest that when we feel confident that our brains are healthy and our cognitive abilities are up to par, we're better able to meet intellectual challenges, and more likely to engage in brain-boosting activities.
- Confidence in intellectual abilities, especially memory, improves performance.
- Research shows that memory training leads to better memory self-efficacy, or confidence in our ability to remember.

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## The TBH Science

We send notes of appreciation to friends for gifts. We tip the charming waiter in thanks for making a meal especially enjoyable. We leave a few bucks for the car wash attendant and the cute girl who washes our hair at the salon. But do we ever stop to thank our brains for making it possible for us to write those notes, calculate those tips, toss Fido that bone? It's all too easy to take our brains for granted—at least until we find ourselves struggling to match a name to a face or remember an important date. This activity is an opportunity to reflect on all the amazing things our human brains are capable of, from supporting our ability to speak our minds to allowing us to form and maintain relationships. Giving a shout-out to our hard-working, multi-tasking brains, we can build self-confidence by better appreciating our own talents, skills, and abilities—which is key to emotional balance and brain health.

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## You Will Need

- “10 Ways Your Brain is Great” worksheets (see Resources)
- White board or flip chart and markers
- Pencils or pens for participants



- Introduce the activity. Use the TBH Focus and the TBH Science to explain the importance of self-confidence to intellectual performance and supporting brain health.
  - Ask participants to come up with ways in which they believe their brains are great. As each person volunteers an idea, write it on the white board or flip chart. Offer examples to help them get started:
    - ♦ My brain is great because it lets me meet new people.
    - ♦ My brain is great because I can rock climb at 51.
    - ♦ My brain is great because it lets me laugh at funny jokes.
    - ♦ My brain is great because it lets me learn new things.
    - ♦ My brain is great because without it I'd be lost, literally!
  - Have participants use the worksheets to generate their own “Top 10 Ways My Brain Is Great” list.
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- Introduce the activity. Use the TBH Focus and the TBH Science to explain the importance of self-confidence to intellectual performance and supporting brain health.
  - Ask participants to come up with one way in which they believe their brains are great. As people volunteer their idea, write them down on the white board or flip chart.
  - Give participants the worksheets to take home and generate their own “Top 10 Ways My Brain Is Great” list.
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Here's a fun way to work out your brain: Give it props for all the terrific things it allows you to do and enjoy—from being a Scrabble champ to creating a perfect pie crust to expressing your feelings to a loved one. Take a few minutes to write down some of these ways you feel your brain is great and then review the list. Doing so will help to boost your self-confidence, which is key to boosting brain health.

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## Resources

See the Resources section of your online Toolkit for all worksheets, links, and additional materials for this activity.