

COGNITIVE CLARITY WORKBOOK

Interactive Workbook with 50+ Exercises
to Enhance Memory, Focus & Mental Clarity

What You'll Find Inside:

- Memory enhancement techniques
- Focus improvement exercises
- Brain fog clearing strategies
- Weekly tracking sheets
- Progress assessments
- Nutritional brain boosters

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Chapter 1: Understanding Brain Fog

Brain fog during menopause is real and manageable.

It's caused by hormonal changes affecting neurotransmitters.

EXERCISE 1: Brain Fog Assessment

Rate your clarity today (1-10): ____

What triggers your brain fog?

â–ª Lack of sleep â–ª Stress â–ª Poor nutrition

â–ª Dehydration â–ª Hormonal changes â–ª Overwhelm

EXERCISE 2: Daily Clarity Check

Morning clarity level: ____

Afternoon clarity level: ____

Evening clarity level: ____

Notes: _____

Chapter 2: Memory Enhancement Techniques

Strengthen your memory with proven strategies.

EXERCISE 3: The Memory Palace

Choose a familiar place: _____

Create mental anchors for information.

EXERCISE 4: Name-Face Association

Practice linking names to distinctive features.

Person 1: Name _____ Feature _____

Person 2: Name _____ Feature _____

Person 3: Name _____ Feature _____

EXERCISE 5: Daily Review Ritual

Each evening, recall 3 new things you learned:

1. _____

2. _____

3. _____

Chapter 3: Focus Improvement Strategies

Train your attention like a muscle.

EXERCISE 6: Pomodoro Focus Sessions

25 minutes focused work + 5 minute break

Track your sessions:

Day 1: - - - - (4 sessions completed)

Day 2: - - - -

Day 3: - - - -

EXERCISE 7: Attention Anchoring

When mind wanders, use this phrase:

"Back to now, back to this task"

EXERCISE 8: Single-Tasking Practice

Choose one activity to do mindfully today:

Activity: _____

How did it feel? _____

Chapter 4: Weekly Progress Tracking

Monitor your cognitive improvements over time.

WEEK 1 ASSESSMENT:

Memory score (1-10): ____

Focus score (1-10): ____

Clarity score (1-10): ____

Energy score (1-10): ____

What's working best for you?

What needs adjustment?

Next week's focus: _____