

Cognitive Fitness in the AI Age

Daily Brain Exercises (15-30 minutes)

- Write one paragraph by hand on a topic you're learning
- Summarize a podcast, article, or lecture without AI
- Solve a problem using logic or math - no tools
- Reflect: What did I learn today? What challenged me?
- Teach someone else a concept from memory

Weekly Brain Builders

- Read a challenging article, book chapter, or research paper
- Debate a topic - alone, with a peer, or using AI as your opponent
- Write and edit something without any AI help
- Work on a real-world project using first principles
- Journal: Where did I lean on AI? Where could I have thought more deeply?

Core Skills to Strengthen

Critical Thinking - Detect bias, argue clearly, analyze

-> Challenge assumptions, build arguments from scratch

Creativity - Innovate, generate new ideas

-> Free-write, sketch, connect unrelated ideas

Memory & Recall - Link concepts, retain depth

-> Use spaced repetition, teach, quiz yourself

Problem Solving - Tackle novel, complex tasks

-> Do puzzles, reverse-engineer problems

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Communication - Influence, explain, persuade

-> Speak, write, edit, refine your voice

Avoid Cognitive Offloading Traps

- Relying on AI for all summaries and explanations
- Using AI to write before you've thought for yourself
- Not checking or editing AI's work
- Skipping memory and synthesis tasks
- Consuming without reflecting

Human-AI Synergy Guidelines

- Start with your brain: Brainstorm, structure, and write rough ideas before using AI
- Use AI as a coach or critic: Ask it to find flaws or alternate views
- Don't trust, verify: Cross-check facts, logic, and tone
- Own your work: Final output = your judgment, your voice
- Reflect often: Did AI improve my understanding - or replace it?

"Anthropic Wellness" Checklist

- ☐ I used handwriting at least 3 times this week
- ☐ I taught or explained a concept to someone
- ☐ I created something original (art, code, idea, strategy)
- ☐ I pushed through something difficult without shortcuts
- ☐ I noticed a mistake or bias in AI output
- ☐ I felt mentally tired, but in a good way - from real thinking