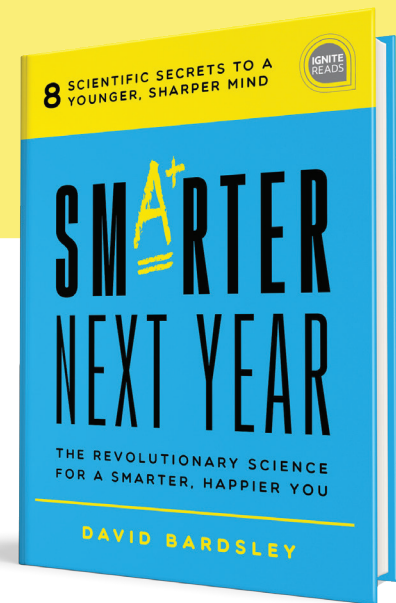




Spark Impact in Just One Hour

Value-Building Experiences by
SimpleTruths.com/Ignite-Reads



Guide for Life-Long Learners

Smarter Next Year
by David Bardsley

Includes printable worksheet for meeting participants
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Your brain is constantly changing, and this means you can increase your memory and intelligence at any age using simple life changes.
How?

Prior to your meeting, provide a copy of *Smarter Next Year* to each meeting participant, and request the participants read the book and come prepared for discussion. The book will also serve as a learning tool and a future resource to reinforce training ideas.

Ask these thought-provoking questions prior to discussing the book:

1. Do you have any goals for improving your skills or knowledge?
 - a. If so, what are they?
 - b. If not, what's stopping you?
2. Before reading this book, did you believe your intelligence was fixed or flexible? Why?



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Book Discussion Questions

My Wake-Up Call

- Have you had a recent incident with cognitive impairment similar to the author?
- How did you deal with it?

Intelligence

- Review the list of eight intelligence categories.
Which category (or categories) are your cognitive strength(s)? Why?
- Which category (or categories) are your cognitive weakness(es)? Why?
- Do you spent time focusing on your weaknesses or growing your strengths?
What has been the outcome of this?

Mild Cognitive Impairment

- Review the list of examples of Mild Cognitive Impairment. Can you identify with any of these issues?
- Have you done anything to help prevent or lessen these issues?

Common Causes of Mild Cognitive Impairment

- Do you have an example of “sleeping on it” and waking up with clarity on how to solve an issue?
- The author offers four suggestions for improving sleep – have you tried any of these or will you (why or why not)?
- Have you ever done an assessment of your household chemicals to see if any of them can be replaced for something less toxic? If yes, what did you substitute?
- We feel stress at some point in our lives.
What are some ways you have tried managing that stress?
- The author offers four suggestions for managing stress – have you tried any of these or will you (why or why not)?
- What are some ways you try to include physical activity in your daily routine?
Brainstorm ideas for adding more, or starting if you are currently inactive.



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Essentials for Your Cognitive Improvement

- Have you ever noticed how your productivity was affected after exercising?
If yes, what did you find?
- The author offers seven ways to get started and increase your physical activity (pgs. 107- 121.)
Have you tried any of these, and if so, how did it affect your physical activity?
- Do you have any additional suggestions for helping people get started or increase their physical activity?

Eight Steps to Make You Smarter

- The author discusses eight steps to make you smarter (pgs. 124- 127).
What steps have you tried before? What was the result?
- What steps would you like to try? Brainstorm a plan of action to get started.

Over the last 30 years, science has shown that not only is intelligence not fixed, but you can change your brain and your cognitive intelligence at any age.

**By applying these scientifically proven steps,
you can become smarter, sharper and healthier - now!**

Contact us to learn more about Smarter Next Year or tell us about how this Discussion Guide sparked impact for you and your team!
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