

# DAILY CHOICES IMPACTING OUR MEMORY (& THOSE WE SERVE)

2025 Wisconsin Alzheimer's Association State Conference  
Monday May 5, 2025 2:00-3:00PM  
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## Our Choices Impact Memory

**Approach:** How we think, focus, & manage our thoughts matter

**Act:** Do the things! Daily physical & mental habits

**Adjust:** Review, readjust, reset

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## Each Day is a New Beginning

**How do you approach each day?**

- Mindset-Set your Mind on what Matters
- Attention-Minimize your Focus
- Manage your Middle

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## Mindset Tips

1. **Identify your Why & Tendencies**
2. **Hone your Focus**
3. **Change & Stress Management**

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## Do Hard Things!

**Our actions impact not only us, but all those around us**

- **Physical Choices**
- **Mental Choices**
- **Choices for/with Others**

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## Action Tips

1. **Time is ours but won't wait for us-when is your best time?**
2. **Habit Creation Tips**
3. **More Fun with Others (& when it's not)**

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# The Reset

Assessment Helps Us All

1. Review-the good, the bad, & ...?
2. Reveal-the reason, the action, the reaction?
3. Reset-the why, what, when, where, or how
4. REST!

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# Additional Brain & Memory Choices

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Scan for Info on All Brain Boosters Products:



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