

Cognitive Function Training

Your brain is plastic, always learning. These exercises strengthen neural pathways through gentle challenge—not performance pressure.

Understanding Neuroplasticity

Your brain physically rewires itself based on what you practice. New experiences create new neural connections. Challenge, not stress, is the growth signal. These exercises aren't tests. They're gyms for your mind. Some days will feel sharp, others foggy. Both are valid. Both build capacity.



Working Memory

Hold & manipulate information

N-Back Challenge

Medium

Digit Span

Easy



Attention & Focus

Sustained concentration

Stroop Task

Medium

Visual Search

Easy



Processing Speed

Quick decision-making

Pattern Matching

Easy

Rapid Naming

Medium



Executive Function

Planning & flexibility

Tower of Hanoi

Hard

Task Switching

Medium

Your Cognition, Your Pace

Intelligence isn't fixed. Cognition isn't performance. Some days your brain is sharp, others it's resting.

These exercises build capacity, not scores. There's no comparison to others, no judgment of your worth.

Challenge creates growth, but only when paired with recovery. Listen to your capacity.

No data tracked permanently. No extraction. Just practice strengthening your mind.