

# What is Cognitive Fitness?

*“Thinking in the right ways at the right time ....”*

## Flexibility

### Different Strategies

- Practical / Theoretical
- Positive / Negative
- Collaborative / Competitive
- Strategic / Detail
- Creative / Logical
- Different Timeframes
- ‘Through other people’s eyes’

## Agility

### Speed of Response

- Planning
- Problem Solving
- Contingencies
- Self-Awareness
- Self-Regulation
- Alternative Scenarios
- State Management

## Strength

### Courage

- Mental Toughness
- Resilience
- Vulnerability
- Attitude
- Generosity of Spirit
- Acceptance
- Forgiveness