A FREE GUIDE FROM MYSHROOM RITUAL

The 5-Minute Memory Workout

Five small moves for the names and words that keep slipping. One minute each. Every morning, at the kitchen table.

Print it. Keep it by the kettle. Start tomorrow.

BEFORE YOU START

The word is right there. And then it isn't.

You know the feeling. You walk into a room and stand there. A friend's name sits on the tip of your tongue, and comes back an hour later, in the shower.

Most of us were never told what to do about it. So we write more lists. We laugh it off. Some of us buy a bottle of capsules, take them for a month, and feel nothing at all.

Here is the part nobody says out loud: remembering is something you do, not something you have. Every time you pull a word or a name back up on purpose, you are using the same skill that slips when it sits idle.

So this guide gives you a small daily habit for exactly that. Five moves. One minute each. No app, no screen, no special equipment. A pencil and this sheet.

> **How to use it.** Do the five moves in order, at the same time every morning, for 14 days. Tick each one on the tracker at the back. On day 14, read what you wrote on day 1.

THE WORKOUT

Five moves, one minute each

1

MINUTE ONE

Name three

Say out loud the names of three people you spoke to yesterday, and one thing each of them said or wore.

Stuck on a name? Don't look it up. Go through the alphabet in your head. Let it come back on its own.

2

MINUTE TWO

The walk-through

Close your eyes and walk through your front door. Name ten things you pass, in the order you pass them.

Next morning, walk through a different room.

3

MINUTE THREE

The letter run

Pick a letter. Write down as many words that start with it as you can in sixty seconds. Count them and write the number on the tracker.

4

MINUTE FOUR

Backwards

Say today's plan backwards, from tonight to this morning. Then say it forwards again.

5

MINUTE FIVE

Lock one thing

Choose one thing to remember until dinner: where you put your glasses, a phone number, the name of a new neighbor. Picture it, say it out loud twice, and write only the first letter on the tracker. At dinner, say it back.

MAKE IT STICK

The habit is the hard part. So tie it to something you already do.

- **Same chair, same time.** Right after the first cup, before the phone.
- **Out loud beats in your head.** Saying it makes you finish the thought.
- **Keep the sheet where you'll trip over it.** By the kettle, on the fridge.
- **Miss a day, don't miss two.** Just pick it back up tomorrow.
- **Make it harder when it gets easy.** Four names instead of three. Fifteen things on the walk-through.

A cue that does two jobs

Our suggestion: one Mushroom Clarity Strip under the tongue as you sit down, and let it dissolve while you do move one. The strip tells you it is workout time.

We make it as a strip for a reason. Maybe you have taken mushroom capsules for months and felt nothing. Swallowed, a capsule goes the long way round, through the stomach. A strip under the tongue skips that trip. It wasn't you, and it wasn't the mushroom. It was the route.

YOUR 14 MORNINGS

Tick each move. Write your letter-run count.

Day	1	2	3	4	5	Letter run	What came back today
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							

IF YOU'D LIKE THE STRIP TOO

Mushroom Clarity Strips



- One thin strip under the tongue. It melts. No capsule to swallow, no powder, no water.
- Lion's Mane, Cordyceps, Maitake and Shiitake, from the fruiting body.
- Chocolate flavor. Zero caffeine, so it fits the morning and the afternoon.
- Thirty strips in a tin that fits in a handbag.

Try it with your 14 mornings.

See the strips at myshroomritual.com

> Thank you for reading this far. If the workout helps you, write and tell us which move did the most. We read every reply.