



mentaga[®] GYM

Check up on your
mental fitness

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- Confidential -

powered by 

measure to win!

www.mentaga.com

Introductory comments

You have done a current check-up on your mental fitness with mentaga. The condition of your mental fitness essentially determines your general capacity and your wellbeing. As a consequence, mental fitness is a key to attaining and improving your quality of life. This report explains to you in detail the current condition of the different aspects of your mental fitness, and reveals specific measures by which you can very concertedly attain and increase your mental fitness, and thus your quality of life. The good news here is:

Everyone can improve their mental fitness!

This applies to everyone, no matter what age, educational level or individual living conditions. The bad news, if you like, is however: It takes exercise, persistence and sometimes even difficult exercise, sometimes even with unpleasant adjustments! This is comparable with rowing a boat against the current. Without consistently exercising, there is no standstill; rather you start moving backwards. This depletion progresses all the faster the longer you remain inactive. By consistently exercising and changing your habits, this threatening depletion can be not only stopped, but also reversed at any age. The possible extent of this effect and the period until consistent exercise shows any visible effects varies greatly from person to person. To expect extremely rapid effects would certainly lead to disappointment, which would in turn reduce the overall effectiveness. But if you face up to this report with the necessary determination and discipline, then positive effects will appear without fail. What is decisive for success is that you take this status report on your mental fitness as a starting point in order to work on yourself with determination, regularity and endurance. And always on exactly one aspect at a time! This is comparable with physical training in a fitness studio. Here, too, you should review your physical fitness, in order to be able to improve the different aspects of physical fitness by regular training.

Even with physical training, lasting effects only appear after regular training over a long period. And like physical fitness, mental fitness also consists of different aspects. The condition report you now hold in your hands is there to familiarize you with the different aspects of mental fitness and to encourage you to work on yourself against this background. If you carefully look over your results and the corresponding tips, you will experience the following effects:

You will live more consciously and gain interesting new perspectives.

You will lastingly improve your mental fitness and thus your quality of life.

Your results

Mental fitness comprises three areas: Skills, motives and habits, each of which in turn comprise different aspects. You will find your detailed results in these three areas below. You should note here that your results are a momentary snapshot of your mental fitness. This is in no way a cast-iron judgement that lays down forever who and how you are and how far you can go. Quite the opposite: your results are a momentary snapshot of your current training condition compared to other people in your age group. It is up to you to use your results and the offered recommendations as a starting point for concerted optimization of your mental fitness using mentaga GYM.

Skills

The research on mentaga GYM has shown that you can distinguish 5 skills upon which you can base everything the human intellect is capable of:

- Reactions
- Memory capacity
- Load capacity
- Spatial sense
- Logical thinking

You have been tested in each of these five skills by a special mentaga GYM test. Your results are based on a comparison with the typical results of other people in your age group.

Skills	Results				
Reactivity					
Short-term memory					
Resilience					
Spatial orientation					
Logical thinking					
	weak	limited	ok	good	strong

Please note:

Insgesamt sind Sie mit Ihren Ergebnisse bereits auf einem sehr guten Weg. Ohne konsequentes Training der Fähigkeiten haben die meisten Personen in mehr als einem Bereich einen unterdurchschnittlichen Wert. Das sieht bei Ihnen schon deutlich besser aus. Ihre Ergebnisse zeigen aber an, dass Sie derzeit Ihr offensichtlich vorhandenes Potenzial noch nicht voll ausschöpfen. Beginnen Sie deshalb möglichst bald damit, im GYM-Bereich von mentaga gezielt und regelmäßig Ihre Fähigkeiten zu trainieren.

Your results in the 5 skills in detail:

Reactions

Your measured reaction time is in a range that can be described as OK. Without consistent training, however, many other people have considerably worse reactions than you. Thus, you already have a good starting position to improve your reactions into the top range by regular training in the GYM area.

Memory capacity

Your ability to remember content for the short term and recall this content in your short-term memory is average, i.e. your memory capacity in this area can be described as OK. Without consistent training, many other people have a considerably worse result than you. However, you can get considerably more out of yourself. And you should, since memory capacity is a central component of your mental fitness. So, train in the GYM area on a regular basis. By regular training, you will be able to increase your memory capacity even further, which you will certainly benefit from in your everyday life.

Load capacity

Load capacity describes the ability to accomplish several tasks, each easy on its own, successfully at the same time while under pressure for time. This ability to accomplish several things successfully at the same time can be described as far above average in your case, i.e. you can do significantly better than most others. This is an excellent result. Since your load capacity is already extremely good, you only need to train these skills occasionally in the mentaga GYM area, in order to maintain your impressively high level.

Spatial sense

Spatial sense describes the ability to imagine things precisely in your mind's eye, so as to be able to observe them from different perspectives in your mind. This ability is decisive, for example, for forming an overview of an unknown place and thus gaining orientation as quickly as possible. Your spatial sense is below average. Without consistent training and appropriate exercise, such slightly below-average results are frequently observed for this kind of task. Your spatial sense, however, is a very important component of your mental fitness. So, train your spatial sense in the GYM area on a regular basis. By regular training, you will be able to clearly improve your spatial sense.

Logical thinking

Logical thinking describes the ability to discover rules and apply them correctly in combination, and thus to understand and effectively solve problems. This capacity for logical thinking can be described as OK in your case. Without consistent training, however, many other people have a considerably worse result than you. Thus, you already have a good starting position to increase your capacity for logical thinking into the top range by regular training in the GYM area, which you will benefit from in your everyday life.

At this point, we must stress again: your results are a momentary snapshot of your current training condition compared to other people in your age group. In the mentaga GYM area, you will find everything you need for regular training in order to stabilize and, in the long term, optimize your skills.

Motives, values and personal goals

Beyond your mental skills, your mental fitness depends above all on what motives, values and personal goals you pursue in life, and how you encounter the challenges, difficulties and opportunities of life. So-called “positive psychology” deals with which attitudes and sentiments towards the different things in life keep people mentally healthy and fit.

In the mentaga GYM check-up area, you assessed a series of statements on your motives, values and personal goals. You can see the result in the form of a profile on the following page.

The 18 chi-QTM dimensions presented are derived from research on “positive psychology”, personality research and research on emotions and motivations. They describe how you explain the world yourself, what coherencies you perceive, what thoughts you prefer, and so overall what you orient yourself on in your life. Every person has his/her own individual reasons for living and is unique in the peculiarity of his/her personality and motive structure.

Your chi-QTM specifies what motives, values and personal goals play an especially important or rather unimportant role in your life. In general, the especially important and especially unimportant chi-QTM dimensions explain your individual bearing best. That means

- The further to the right a point stands beside the respective dimension, the more important it is to you.
- The further to the left a point stands, the less important the dimension is to you.

There is no right and no wrong here, and it is certainly not the aim to achieve especially high results on all dimensions.

Your personal chi-QTM profile arises from your appraisals on the chi-QTM questionnaire you worked on. So, if you made your assessments the way you wish you were, then you will be given a picture of the person you would like to be – but not of the person who you are!

Your motives and personal goals determine your actions, your life and thus directly determine your wellbeing. The way in which we organize and experience our motives, values and personal goals gives our life meaning and importance. If we consciously live out our motives, values and personal goals, we always feel inner satisfaction and a feeling of happiness. But this can have negative consequences especially if one orientation is significantly overemphasized, or if you expend so much energy to achieve a goal that you will probably never get your “investment” back.

You will find your personal profile on the following page. The 18 dimensions of the profile are divided into three areas.

Relational: this area describes your interpersonal alignment,

Emotional: describes your inner conditions and

Formal: describes your relationship with aspects of your environment.

Following the profile, you will be given an overview of the aspects that especially characterize you. Further back in the report, you will then be given some specific tips on how you can optimize your motives, values and personal goals with respect to better mental fitness.

Your chi-Q™ profile

	Dimension	Results				
relational	Influence	very low	low	medium	high	very high
	Harmony	very low	low	medium	high	very high
	Charity	very low	low	medium	high	very high
	Affiliation	very low	low	medium	high	very high
	Sociableness	very low	low	medium	high	very high
	Independence	very low	low	medium	high	very high
emotional	Balance	very low	low	medium	high	very high
	Enjoyment	very low	low	medium	high	very high
	Activity	very low	low	medium	high	very high
	Hope	very low	low	medium	high	very high
	Confidence	very low	low	medium	high	very high
	Spirituality	very low	low	medium	high	very high
formal	Possession	very low	low	medium	high	very high
	Fairness	very low	low	medium	high	very high
	Recognition	very low	low	medium	high	very high
	Changing	very low	low	medium	high	very high
	Orderliness	very low	low	medium	high	very high
	Safety	very low	low	medium	high	very high
		very low	low	medium	high	very high

Your particular chi-Q™ characteristics

The 18 chi-Q™ dimensions exist in everyone. Nevertheless, we are all considerably different from one another in how we organize and combine them. In total, there are more than 3,000 billion (that is 3 with twelve zeroes behind it) different chi-Q™ profiles, each as individual as a finger print and not one exactly the same as the other.

Generally, it is the particularly important and the particularly unimportant chi-Q™ dimensions that best explain what motives, values and personal goals you pursue in life, and how you encounter the challenges, difficulties and opportunities in life. So, when they are summarized, your very own expression of the following dimensions and the resulting individual constellation of dimensions describe quite precisely what you currently orientate yourself on most of all in life.

Possession, very high value: You strive for possessions and financial success considerably more than most others. You place much more importance on status symbols than your fellow man and enjoy showing your possessions. If someone possesses more than you, you must take care not to become jealous or even resentful. With this attitude, your sense of self-worth is extremely dependent on material things.

Independence, very high value: Your striving for personal freedom and self-determination is very strongly pronounced. It is extremely important to you to have your personal freedom, and for nothing and no one to restrict it. You categorically do not let others talk their way into your affairs, and so ignore many valuable tips. You always go your own way, even and preferably against resistance.

Changing, very low value: For the most part, you value proven and trusted things in your life and do not like at all to get into new situations or challenges, especially when unprepared. The new and unfamiliar is suspicious to you, which is why you adhere to the tried and tested even when it would be worth testing the alternatives impartially at least once. While your attitude may provide you a lot of stability in difficult times, you should take great care not to miss the train when change and new views are required of you.

Affiliation, very low value: Your desire for affection, closeness and intimacy is decidedly unpronounced. It is rather unimportant to you to have someone you can depend on entirely, and with whom you feel secure and understood. Close intimacy with other people and closeness and affection from other people is definitely not the most important thing in your life. There are probably hardly any people in your life whom you reveal yourself to and allow to approach you.

Enjoyment, very low value: For you, the purely practical aspects of your daily business are of topmost priority. Unlike most others in your environment, you can reliably bring yourself to do tasks that are not necessarily enjoyable, but which simply must get done for purely practical reasons. However, it takes a lot of effort for you to enjoy the little things and you can only work up enthusiasm with difficulty. You find it extremely difficult to simply enjoy the pleasures of life for themselves.

Further on in the report, you will be given some specific tips on how you can optimize your motives, values and personal goals with respect to better mental fitness. For any questions you may have on your chi-Q™ profile, you can turn to your personal mentaga coach at e-mail coach@mentaga.com.

Habits

Your habits have a considerable influence on your current mental fitness and the way in which your mental fitness will develop in future. In light of this, it is your habits regarding nutrition, sports, recuperation and social contact that are of most importance.

You have answered a series of questions on each of these areas. Your results are based on a comparison of your habits with the recommendations on behaviour for each respective area. This way, risk factors that would minimize your performance or lead to premature brain ageing can be recognized.

Area	Results				
Nutrition					
Sports					
Recreation					
Contact					
	bad	not good	so-so	very good	optimal

These are the recommendations that present themselves for you:

- The worst habit for mental fitness is smoking. You smoke up to 20 cigarettes a day! You should be aware that smoking stresses your health and greatly reduces your mental capacity. Therefore try by all means to smoke less or better to quit smoking altogether.
- Mental fitness is directly improved by physical activity. You do endurance sport once a week – that is a good start! In order to improve your physical and mental capacity even more, you should do 20 minutes of endurance sport three times a week.
- You stated that you drink less than 2 glasses a day on average – that is much too little! You absolutely must drink more in order to stay healthy and fit. The best thing to do is to keep a bottle of water in every room you spend any amount of time in and to drink from it whenever you see it.

For any questions you may have on your results or recommendations, you can turn to your personal mentaga coach at e-mail coach@mentaga.com.

Next steps

On the previous pages, you were presented the detailed results of your current mental fitness and already some suggestions as to how you can concertedly work on your weaknesses. In order to stabilize and increase your mental fitness, you must work on the following four areas:

- Concerted brain training
- Physical exercise
- Correct nutrition
- Equilibrium and satisfaction

Concerted brain training

You can basically compare training the brain with training the body. Just as an athlete increases his/her physical capacity by concerted exercise, you can increase your mental fitness astoundingly with suitable exercises. But only concerted brain training ensures the desired success. Truly concerted brain training goes far beyond crossword puzzles and Sudoku in puzzle blocks. Everything you need for regular, concerted brain training can be found in your very personal GYM area of mentaga.

Mentaga GYM offers you the exercises that are most effective for you based on your current performance level. Furthermore, mentaga GYM always adapts the difficulty level of the exercises to your personal performance. The exercises are designed so as to train all aspects of your mental fitness. And: the better you are and become, the more you will be challenged! Thus, comprehensive brain training and constant fun for every age and every performance level is assured and guaranteed.

Scientific studies show that by concerted brain training with mentaga GYM, the typical protein deposits (plaques) responsible for Alzheimer's disease can be reduced in number and extent, and mental fitness therefore overall significantly improved. Earlier assumptions that no new brain cells can be formed at old age have proven to be completely wrong. By regular brain training with mentaga GYM, you can not only form new links between brain cells, but also entirely new brain cells.

For your training with mentaga GYM, you don't need any prior knowledge or work-in time. Even 15 minutes of regular training three times a week will bring you clearly recognizable success. With the statistics function of mentaga GYM, you can keep an eye on your training times and success at all times.

Physical exercise

Physical exercise promotes blood circulation in the brain and metabolism. That is why thinking and even speaking is easier when you are in motion than when still. You also find solutions for pending problems. This effect arises because physical exercise promotes blood circulation and thus the oxygen supply to the brain. This in turn promotes the development of new capacities. Of all substances that reach the brain from the blood, oxygen is the most important. As with all other body cells, the brain cells need to “breathe”. If oxygen becomes scarce, then cell metabolism will first be throttled in order to allow the nerve cells to survive at least. If a cell receives no more oxygen, it dies. A complete interruption of the oxygen supply is therefore deadly to the brain within minutes. Endurance sports such as hiking, jogging and swimming are especially good for the brain's oxygen supply. The goal to aim at is to do half an hour of exercise at least four times a week. Start slowly and gradually increase with time. Exercise makes you smarter.

Correct nutrition

Your diet and the amount of physical exercise you do determine your energy balance. Your energy balance is the key to bringing your body weight into the optimal range, or to keep it in an optimal range, which in turn contributes decisively to your mental fitness. Your energy balance is determined by the amount of energy you supply to your body as food (measured in kilocalories or kilojoules) minus the amount of energy your body burns. If this balance is positive, i.e. you take in more energy than you burn, then you put on weight. If this balance is negative, i.e. you take in less energy than you burn, then you lose weight. So if it is your intention to reduce your weight, your daily calorie intake must simply be below your daily calorie requirement. You can find out your daily calorie requirement from the section “habits”. In the way you intake your calories, you must take note of the following:

- Drink lots of fluids: at least 2–3 litres of fluids a day – mineral water if possible – and even considerably more if doing physical exercise and during warm weather.
- Prefer in-between meals: don't eat so much in one go, rather eat and drink several times spread out over the day.
- Keep as balanced a diet as possible, i.e. lots of fruit and vegetables and untreated foods with many natural vitamins and minerals.
- Eat at the right time: Don't wait until you get hungry. It already indicates a lack of supply and reduces your performance.

Balance and satisfaction

Balance and satisfaction are decisive for personal wellbeing. In order to achieve balance and satisfaction, you must find out what really matters to you in this life. There are two small tasks that represent a good start for ordering your actual wishes, needs and goals in this context.

Task 1: Headline

Imagine you could define the headline of a major newspaper maximum three times. In doing so, you would not only determine the text, but would also have to directly make sure the text matched the truth. You can let your imagination run completely wild on this. The idea is about what you would like to change most about this world. Think about this calmly over the next few days, but try to write down at least one headline in the field below.

HEADLINE

When you look at your headlines: What are the things you are doing right now to make these headlines come true? What could you do? What prerequisites must you immediately change in yourself? Which people would you need to include?

Task 2: Obituary

The next task may seem a little morbid to you. If it stresses you too much, you can simply skip this task. Otherwise, it is certainly worth a try. In note form, write your own obituary. Who should think or say what about you after your death? How do you want to be seen by certain people? Think this over calmly, and then write down the essential statements in the field below.

OBI TUARY

What exactly are you currently doing to make this impression of you come about? What would you need to change, if anything? It could be that you are one of those people who claim it is completely immaterial what others will think about you after you die. For various reasons, this point of view can be doubted, but if we assume it applies to you, then imagine the – admittedly disagreeable – situation in which your life will be over in one hour. For what reason would you wish you had more than one hour's time to live. While these considerations may seem drastic to you, they are very good for developing a clear picture of what is truly important to you.

The time of every individual is limited and there is no real way to make a wrong a right. You should therefore deliberately and realistically weigh up what is truly important to you and what you expect from your life in this context. In order to achieve balance and satisfaction, you will probably need to make some changes in light of your personal goals and what is truly important to you. Every successful process of change consists of five fundamental components. The first component is the realization or understanding of which steps are necessary in order to make the change in question. The second component is to actually do it – that is the actual change by your actions. Only both steps together will achieve the desired change. It is a very common misconception that realization alone brings about change. It does not!

There is a tip on how you can immediately improve your disposition easily at any time – and now that we have mentioned it, we shall in no way withhold it from you here. Behaviour, arm and leg positions, eye expressions, corners of the mouth, and hands betray to a certain degree our thoughts, inner life, fears and desires. Even our clothing is a source of information from which one can draw conclusions on characteristics or moods, within limits. Body language is thus an expression of our current disposition. In your everyday life, negative influences have a direct effect on your disposition and thus your body language. Unconsciously, your own body language is interpreted permanently, which even leads to reinforcement of the negative disposition. This effect, however, can be used to your advantage. After all, it is not only disposition that influences your body language; moreover, body language also influences your disposition. By consciously changing your body language, you can control your disposition.

Try the following simple trick, in order to improve your mood within one minute: hold a pencil firmly in your teeth without letting your lips touch it. This uses the facial muscles similar to smiling or laughing, and causes a hormone to be released in the brain that actually improves your mood. The effectiveness of this trick has been well documented scientifically.

In future, check and control especially the following aspects of your body language:

- **Head posture**
Make sure you do not go around with your head bowed down. Your chin should form a right angle to your neck.
- **Body posture**
Exercise an exaggeratedly upright walk. Walk with resolve, but relaxed and breathe calmly and deeply. When standing or walking, consciously avoid arching your back and pulling your shoulders up.
- **Smiling**
Practice pulling the corners of your mouth slightly upwards with your face muscles alone. Make an extreme smile several times a day as an exercise by pulling the corners of your mouth upwards as far as they go with your face muscles. Hold this "grimace" for at least 5 seconds each time. It could be a good idea to do this exercise when no one is watching.

You will be astounded how strongly, with a little practice, you can positively influence your disposition by controlling your body language

A couple of parting thoughts

Most people want to be someone they are not. A secretary wants to be a model, a lawyer wants to be a politician, a good sportsman wants to be a better sportsman. Nervous people want to be calmer, shy people want to be more self-assured. Most people predominantly concern themselves about how other people behave or what they have, and all too easily overlook what treasures they have hidden right within them. In light of this, rejoice in your strengths. You have unique properties that many envy in you. Trust in your strengths when pursuing your personal goals.

When viewing your weaknesses, you should take into account that this is a momentary snapshot by mentaga. It is up to you to tackle and bring about the desired changes. Insight alone and simple interest will not lead to any changes. Be precise in your intentions. Actually write your motivations and goals down. Discuss your intentions with a familiar person. Make recordings of your progress using the mentaga GYM functions. Doing nothing and waiting will only seem to spare you from failure, since in hindsight, inactivity almost always turns out to be the worst wrongdoing. If you train regularly with mentaga GYM and heed the mentaga tips, you should make a repeat measurement in 4 months at the latest. Mentaga GYM will provide you with a special change report that documents your progress for you personally, and will offer special tips that take your rate of change into account.

The same properties that have an unfavourable effect on your mental fitness also have an unfavourable influence on your entire life. Thus, your entire quality of life will improve as you improve your mental fitness with mentaga GYM. At this very point in time, you are at precisely this stage of your personal development because you took the path that brought you here. Which path you take from here is your decision. It could make sense to choose a path that takes you closer to your goal, and it could also make sense sometimes to pause for a moment to check whether you are still moving in the right direction.

Have a wonderful life

Your mentaga team

Contact

Should you have questions or suggestions regarding your mentaga GYM appraisal report, send an e-mail to:

helpline@mentaga.com

If you have questions on the psychological measurement techniques and their psychometric qualities (reliability, validity etc.), or if you are interested in employing these techniques for your human resources in your company, then please contact:

info@cut-e.com

www.cut-e.com

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