

# PERSONAL COGNITIVE

October 2025



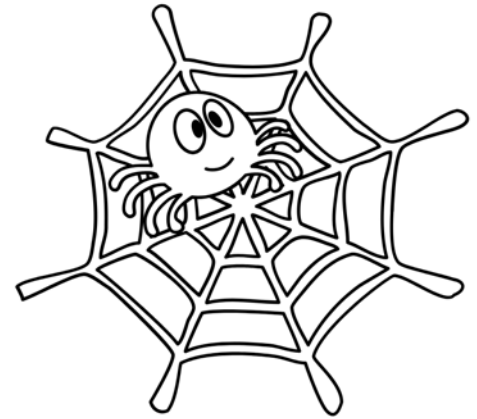


**Halloween has always been a time of  
imagination and play.**

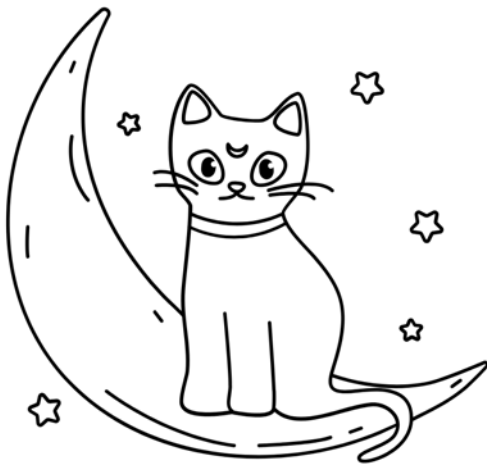
**Can you recall a favorite costume you wore or  
saw as a child?**

**What made it so memorable?**





**What is one tradition  
spooky or silly  
that you wish could come  
back today?**





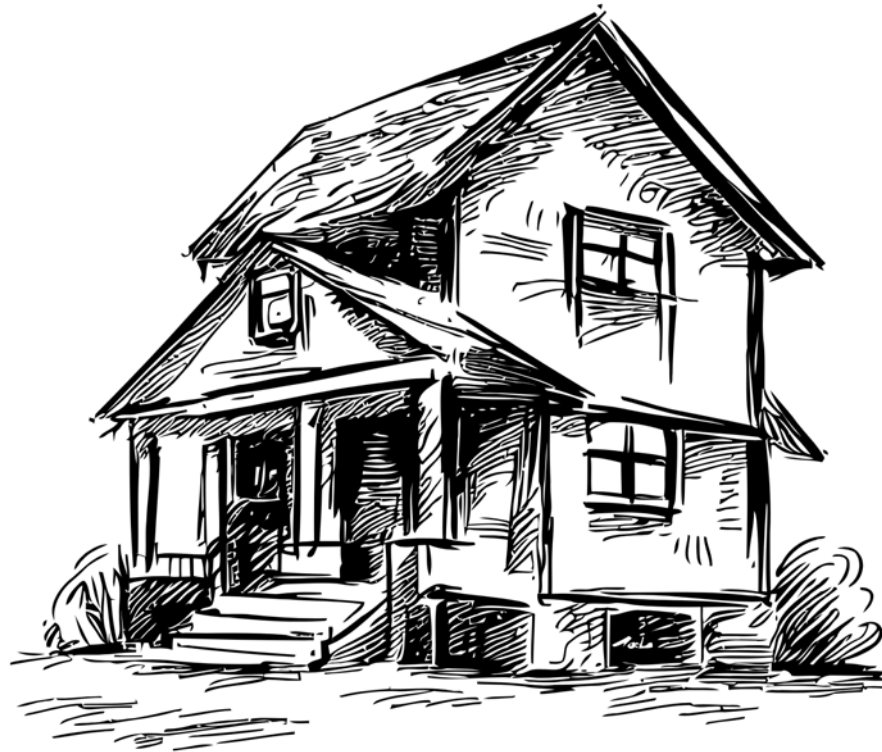
**Carving pumpkins is a mix of creativity  
and tradition.**

**Did you ever make a jack-o'-lantern with  
a funny face, a scary grin, or even a  
simple candle glow?**



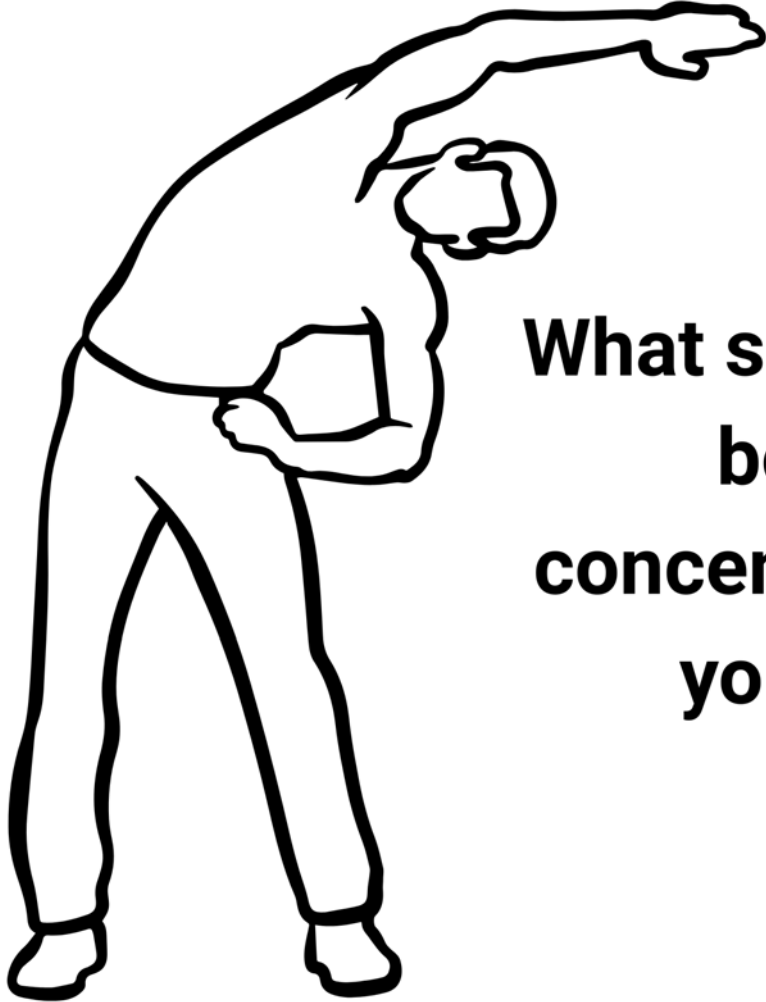
**Close your eyes and picture your childhood home.**

**What details come to mind first—the kitchen, the front porch, or perhaps a favorite window view?**

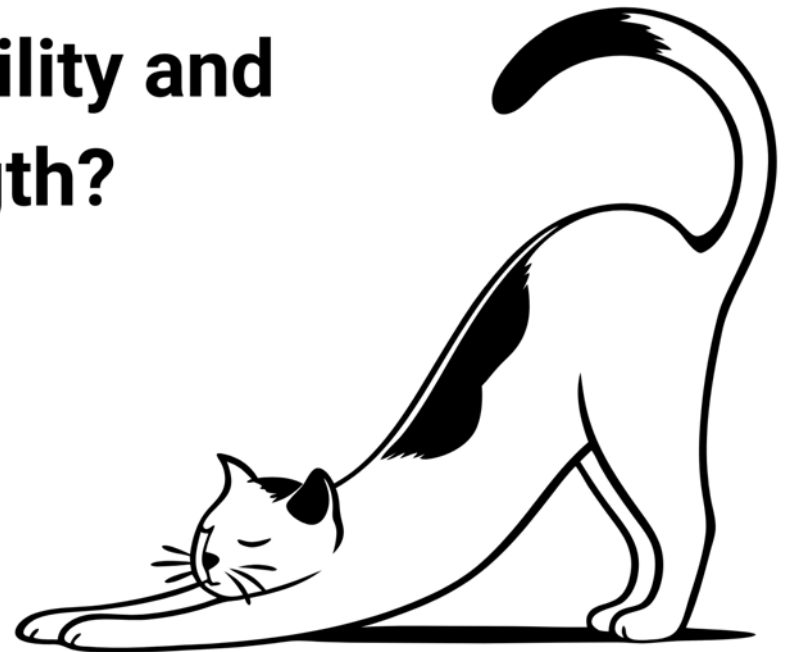




**If you could build or repair  
something today, what  
would you want to work on?**



**What specific areas of your  
body should you  
concentrate on to enhance  
your flexibility and  
strength?**





GOOD  
*morning*

**Think of stretching as giving your body a  
“good morning” or “good night” hug—it  
prepares you for movement and helps you  
relax.**

GOOD  
*evening*



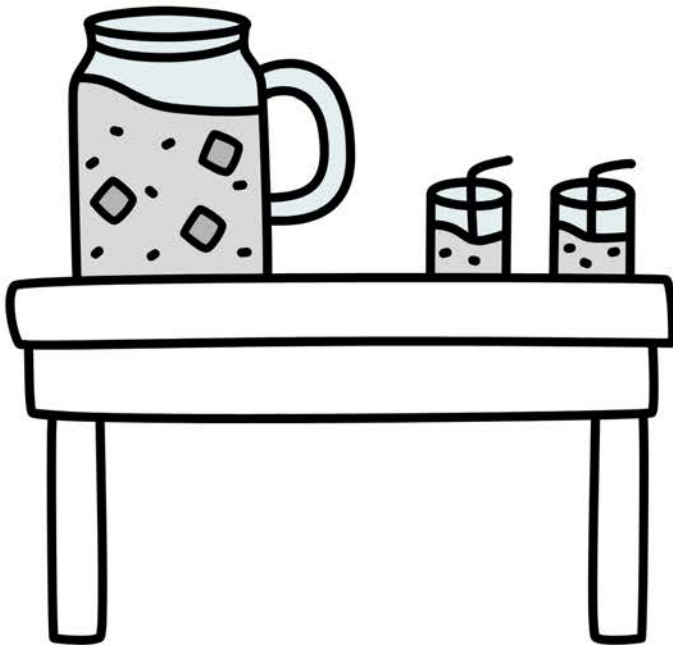
**Name one thing that  
you can do to improve  
your hydration.**





**Think about the times during your day when  
you usually feel most thirsty.**

**Could you keep a glass of water nearby to  
make it easier to sip throughout the day?**

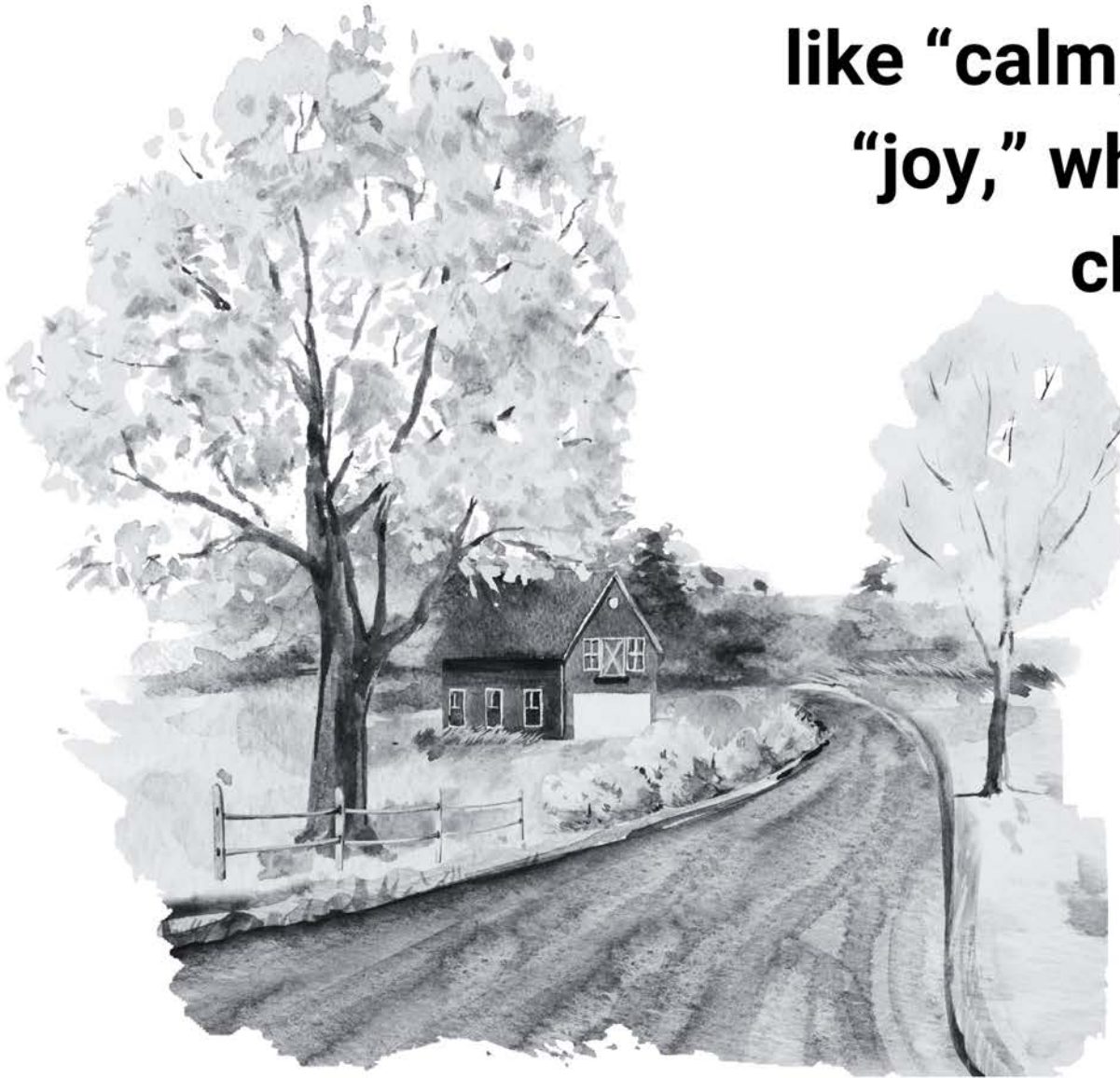


**What is one small thing you're looking forward to today—big or small?**





**If today had a theme word,  
like “calm,” “strength,” or  
“joy,” what would you  
choose?**



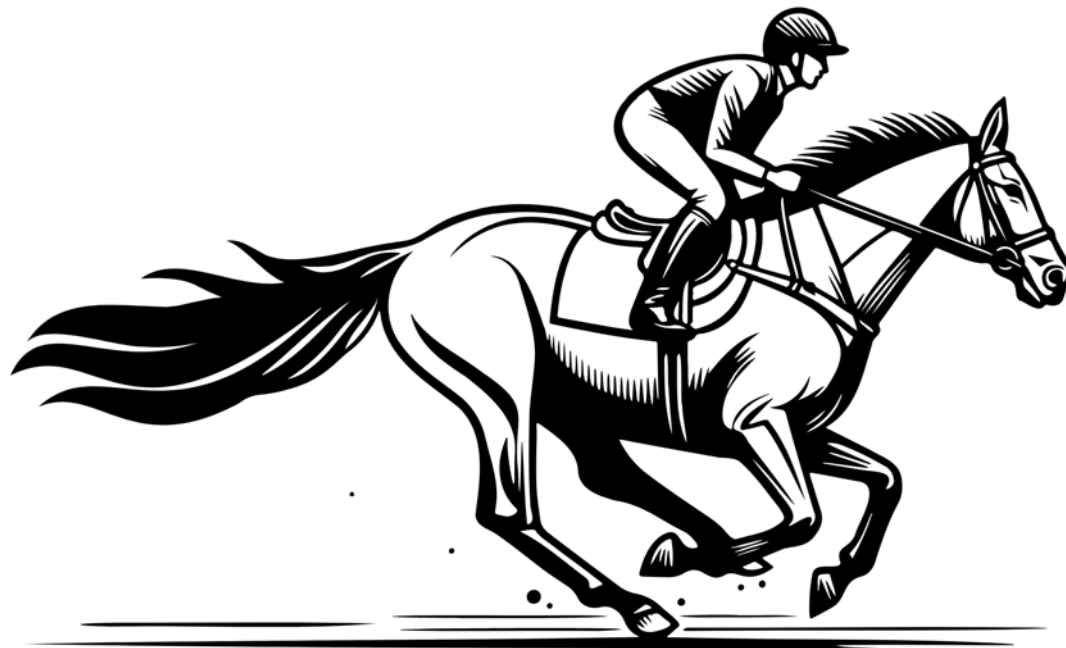


**Explorers like Daniel Boone  
faced the unknown with  
courage.**

**What gives you courage in  
your daily life?**



**If you could name a racehorse, what creative or meaningful name would you choose?**



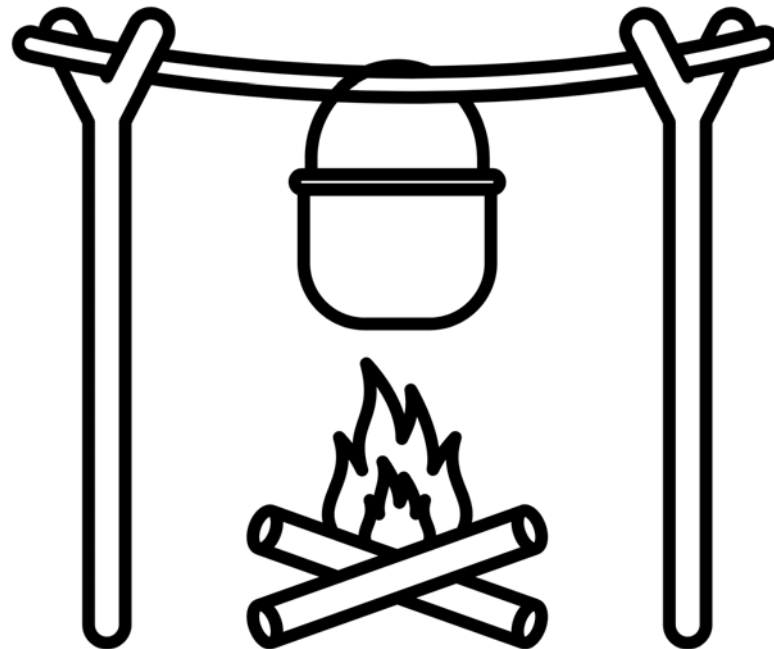


**What does “having a good day”  
mean to you personally?**



**Imagine sitting around a campfire  
with early settlers.**

**What story from your life would you  
want to share with them?**





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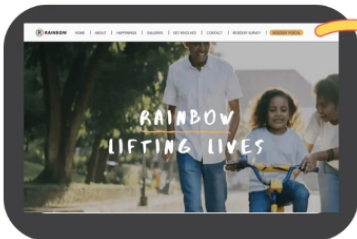
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