

Prepared for

**Ravi (Sample)**

 Days done  
**30 / 30**

 Report date  
**19 Oct 2026**

 Started  
**16 Sept 2026**


## Five sides of your mind



### Memory

You held 6 digits

5 / 5



### Attention

Your focus stayed on the task

6 / 6



### Decisions and money

A loss weighs 2× a gain for you

7 / 7



### People

You went with the group 1 of 4 times

7 / 7



### Time, space and self

It took 1.58× your own estimate

4 / 4

# Your 3 big takeaways

## 👁 Day 07 · Attention

**Your focus stayed on the task and the surprise slipped past, as it did for nearly 30% of people in a similar study.**

**What it means:** Attention is a torch, not a floodlight. What you focus on gets in; the rest can slip past.

**Try this:** One thing at a time: put your phone in another room for 25 minutes.

## 🧠 Day 01 · Memory

**Your memory filled in a word that was never there, like 84% of people.**

**What it means:** Memory rebuilds from meaning, so something that fits the story can feel real even when it never happened.

**Try this:** Write down what matters: exam points, promises, decisions.

## 🔢 Day 08 · Decisions and money

**A random number pulled your estimate 34% of the way.**

**What it means:** The first number we hear pulls our estimate towards it.

**Try this:** Before a price talk, decide your own number first.

Day 1 → Day 30

3 of 4 got better

On Day 30 you repeated four challenges from your first week.

Missing-word trap

same as Day 1

Day 1 memory filled it in

Day 30 memory filled it in

Extra time when word and colour clash (seconds)

0.04 seconds quicker

Day 1 0.21

Day 30 0.17

Time to spot a change (seconds)

2.2 seconds quicker

Day 1 9.4

Day 30 7.2

Digits held at once

1 more digit

Day 1 6

Day 30 7

Practice helps your brain do these tasks faster and more clearly. Same brain, more reps. A single try can move a little either way.

**Try this:** Repeat one challenge you liked in a month and see what changes.



# Memory

----- All 5 challenges done

Day 05 · Digit span

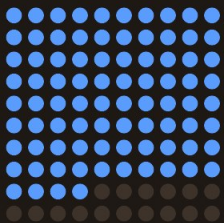
**You held 6 digits**



most adults 6–7

Day 01 · Memory

**You 'remembered' the missing word**



In the original study, 84 of 100 people  
“remembered” the word

**You: like them**

## Your other challenges here

Day 04 · Serial position

You recalled 60% of the words, most of them from the start and the end

Day 06 · Chunking

Grouping took you from 5 to 10 letters out of 12

Day 27 · Generation effect

You remembered 2 more of the pairs you completed yourself

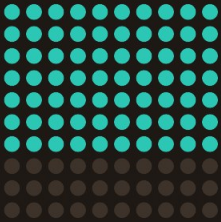


# Attention

----- All 6 challenges done

## Day 07 · Focus count

### Your focus stayed on the task



In a similar study, 70 of 100 noticed it and 30 missed it

**You: focus on the task**

## Day 03 · Change blindness

### 9.4 seconds to spot the change



## Your other challenges here

### Day 02 · Stroop

When word and colour clashed, you needed an extra 0.21 seconds

### Day 23 · Distraction cost

One notification slowed you by about 0.05 seconds

### Day 24 · Task switching

Each switch between tasks cost you 0.14 seconds

### Day 28 · Direction sense

Pointing the way on a map: 31° off on average

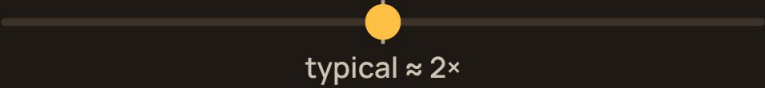


# Decisions and money

----- All 7 challenges done

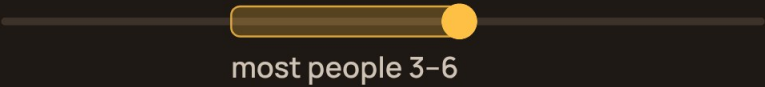
Day 10 · Loss aversion

**A loss weighs 2× a gain for you**



Day 14 · How sure are you?

**6 of your 10 ranges caught the answer**



## Your other challenges here

**Day 08 · Anchoring**

A random number pulled your guess 34% of the way

**Day 09 · Framing**

1 of your 2 choices followed the wording

**Day 11 · Delay discounting**

₹1,000 today felt equal to ₹1,150 in a month

**Day 12 · Shopping choices**

The decoy steered 1 of your 2 picks

**Day 13 · Sunk cost**

You leaned towards money already spent in 2 of 4 cases



# People

----- All 7 challenges done

## Day 15 · Conformity

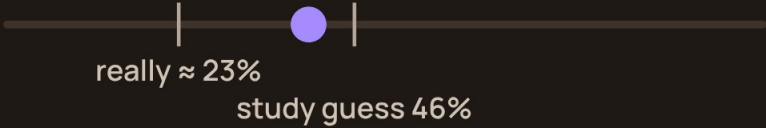
You went with the group 1 of 4 times



Filled = times you went with the group (of 4)  
75% went along at least once in Asch's study.

## Day 16 · Spotlight effect

You guessed 40% would notice



## Your other challenges here

### Day 17 · First impressions

From a short list of traits, you rated the person 3.83 of 5

### Day 18 · Is that message sarcastic?

You read the tone right in 5 of 8 messages

### Day 19 · Ahead, or more?

In 3 of 6 choices you took less so you'd be ahead of others

## People (continued)

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### Day 20 · Which letters do you like?

You rated the letters of your own name 1.1 points higher, out of 7

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### Day 21 · Curse of knowledge

You guessed 70%; the real result was 33%

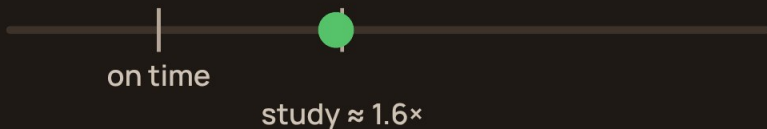


# Time, space and self

--- All 4 challenges done

## Day 22 · Planning fallacy

**It took 1.58× your own estimate**



## Day 25 · Find the middle

**Your mark sat 1.6% left of the middle**



Across 73 studies (2,119 people), the middle was marked slightly left on average.

## Your other challenges here

### Day 26 · Time perception

During the hard task, your “30 seconds” was really 38.4 seconds

### Day 29 · Better-than-average

You placed yourself at 63 of 100 on average

# Keep these reps

Five habits to carry from the Lab into your day.



## Write down what matters.

Memory rebuilds the past each time you recall it. Put promises and decisions on paper.



## One thing at a time.

Put your phone in another room for 25 minutes and do one task. Then take a five-minute break.



## Pause before big decisions.

Ask yourself: would I choose differently if this were worded another way?



## Judge people a little more gently.

People notice us far less than we think. Ask first, decide later.



## Small reps, every day.

A small daily habit changes more than one big push. Repeat a favourite challenge in a month and see what moves.

# About this report

## How to read it

- Every number is your first try; later practice doesn't change it.
- Next to it is what the original study found. A phone isn't a lab, so it's a comparison, not a contest.
- Nothing here is a grade. No result is good or bad.

## Where the comparisons come from

Miller 1956 · Woods et al. 2011 · Roediger & McDermott 1995 · Most et al. 2001 · Rensink, O'Regan & Clark 1997 · Brown et al. 2024 (meta-analysis) · McKenzie, Liersch & Yaniv 2008 · Asch 1956 · Baron, Vandello & Brunsman 1996 · Gilovich, Medvec & Savitsky 2000 · Buehler, Griffin & Ross 1994 · Jewell & McCourt 2000

This is a learning and self-reflection report only. It is not a medical or psychological test, not a diagnosis, and not a measure of your intelligence or worth. These are results from single tries on single days; another day may look different. Please don't use this report for any decision about yourself or anyone else (jobs, admissions, marks, relationships or health).

Thank you for spending these 30 days with your own mind.

**Bharath KP · Mental Gym**

[mentalgymtelugu.com/lab](http://mentalgymtelugu.com/lab)