

YOUR FREE READER'S COMPANION

The Solo Player's Pack

A companion to 100 Mental Games to Play Solo · by Lila Voss

Thanks for picking up the book. This is the printable companion — ten extra solo games that didn't make the cut, a daily mental-warmup card, a travel-and-waiting-room game list, and a progress tracker. Print it, fold it into your bag, never be bored again.

A sharp mind isn't about doing puzzles you dread. It's about play — the real, curious, slightly competitive-with-yourself kind. These are ten more ways to play, anywhere, with no one but you. — Lila

10 Extra Solo Games

No equipment beyond a pen (and often not even that).

1. Alphabet Categories — Pick a category (countries, foods, bands). Name one for each letter A-Z. Beat your time.
2. The 3-Word Story — Build a story adding exactly three words at a time, in your head. See how absurd it gets.
3. Reverse Spelling — Spell the words on signs backwards as you pass them. Surprisingly hard, weirdly addictive.
4. Number Bonds — Take a license plate; make the digits reach a target number using any operations.
5. Memory Palace Walk — Place 10 grocery items along a route through your home; recall them in order later.
6. One-Minute Categories — 60 seconds to list as many items in a category as you can. Track your record.
7. The Connection Game — Pick two random objects in the room; find the shortest "link" between them in ideas.
8. Mental Math Ladder — Start at a number, apply a repeating rule (x3, -7...), see how far you get without losing track.
9. Describe Without the Word — Define a common word out loud without using it or its obvious cousins (like Taboo, solo).
10. The Observation Test — Study a scene 30 seconds, look away, write down everything you remember. Build it daily.

Daily Mental Warm-Up Card

Five minutes, like stretching before a run. Do one from each row.

Type	Pick one
Memory	Recall yesterday's meals in order · phone numbers you know by heart
Focus	Count backward from 100 by 7s · name 5 blue things without looking up
Language	10 words starting with "qu" · a sentence where each word starts with the next letter
Logic	Solve a small riddle · spot the pattern in 2,3,5,9,17,...

Travel & Waiting-Room Game List

Stuck in a line, a lobby, a long drive? Pick one — zero equipment:

- Count things of one color in view (then switch colors)
- Memorize the room, close your eyes, rebuild it
- Make words from a license plate's letters
- Silent 20 Questions about an object you can see
- Categorize everyone's shoes by type (quietly!)
- Translate a sign into "pig latin" in your head
- Pick an object; list 10 alternative uses for it

Progress Tracker

A sharp mind, like a muscle, responds to a little regular work. Track a few favorites.

Game	Week 1 best	Week 2	Week 3	Week 4
One-Minute Categories	_____	_____	_____	_____
Alphabet Categories (time)	_____	_____	_____	_____
Observation Test (items)	_____	_____	_____	_____
Mental Math Ladder (steps)	_____	_____	_____	_____

That's the pack. Start with the daily warm-up card tomorrow morning — five minutes with your coffee. The point was never to grind through puzzles you dread; it's to make staying sharp feel like play, because the playful version is the one you'll actually keep doing. When the book's kept your mind busy in the best way, I'd love to hear about it, and in a couple of emails I'll tell you how a quick word from you helps it reach the next person looking for a good way to spend a quiet hour.

Keep playing,

Lila Voss