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Brain power exercises pdf

September 9, 2015 6 min read Opinions expressed by entrepreneurs co-workers are their own. Don't want to have more control over your brain? From generating ideas and meetings to crunching numbers and copywriting, there are many different situations where greater concentration and cognitive improvement will prove beneficial. This would allow you to do more in less time and come up with unique solutions to problems that you can't otherwise do. The good news is that there are many different ways to improve brain power, especially if you are willing to do certain things consistently over a longer period of time. Let's explore eight ways you can support your brain health.1. Exercise. We all know that we should be getting regular exercise. However, most entrepreneurs lead busy, rushed lives, and may not always find time to match physical activity in. The trick may be to think about it in reverse order: you can not afford non-absorbing exercises if you want to live a long, healthy, productive life. Exercise not only benefits brain health and cognition, it can also improve your memory. In the long run, it can even protect the brain from degeneration. If that's not enough reason to get into a regular workout routine, who knows what it is? Related: Why food, sleep and exercise are key to success.2. Drink coffee. Many people start their days with a cup of coffee and find that this ritual can actually benefit your cognitive function in the short term. Caffeine, of course, helps you stay alert. However, it can also help you focus on repetitive and tedious tasks and even increase your intelligence, including reaction time and reasoning. Of course, the effects of coffee are not permanent. However, it can make your brain work more efficiently until this caffeine high weakens.3. A little bit of sunlight. Sunlight and exercise can sometimes go hand in hand. It mainly depends on what part of the world you live in, how much sunlight is available at different times of the year and how realistic it is to spend time outdoors. Too little sunlight is not good for the brain. Higher levels of vitamin D in the system allow for better results and can even slow down brain aging. Too much sunlight can be harmful to the skin, but if you don't have enough, brain functions can suffer. Of course, you can always take vitamin D supplements if you find that you are not able to go outside as much as you want. Just remember to take supplements in moderation.4. Build strong connections. It is often said that the journey of entrepreneurship is lonely. As it turns out, it may not be good for your cognitive function. If you often feel lonely, it can actually cause psychological and cognitive effects, as these feelings can have a negative effect on sleep, increase pressure contribute to depression and even lower overall well-being. Majority Majorities know how to communicate and build connections. The most important thing is to build a strong support system around you, because it will allow you to maintain mental and mental health in the long run.5. Meditate. Meditation is a popular topic among many traders right now, and its benefits are hard to argue with. Meditation not only reduces stress levels, it can also prevent age-related diseases such as Alzheimer's disease or dementia. This indicates the importance of self-care. Taking just 10 to 15 minutes of the day for meditation practice can extend cognitive life and allow you to reduce overall stress levels too. Related: Less sleep makes you more likely to catch a cold, study Finds.6. Sleep sweetly. This could be another difficult area for entrepreneurs. Early mornings and late nights sometimes come from the territory, and the stresses or emotions associated with building and developing a business can have an undesirable effect on sleep patterns. Sleep is required to consolidate memory and learn. If you do not have enough sleep, the volume of gray matter in the frontal lobe can begin to decrease. Your frontal lobe supports and controls working memory as well as executive function, making it especially important. In short, if you don't have enough sleep, you'll have less brain in your head.7. Eat well. It should come as no surprise that nutrition plays a significant role in brain health. Entrepreneurs often rush from one meeting to another, leaving themselves very little time or no time for good food. You need to focus on getting the right type of nutrition. Antioxidants and amino acids are especially important, and vitamin E can also be beneficial. Drinking wine is known to improve your cognitive function – assuming you consume it in moderation – and nuts, berries, whole grains, and avocados are also beneficial. What is good for your body also seems to be good for your brain.8. Play Tetris. This may come to you as a bit of a surprise, but tetris game is known to have some positive effects on your brain. Playing Tetris will increase gray matter for a short time and can also help you perform spatial tasks. The most interesting thing is that playing Tetris after a traumatic experience can prevent the brain from perpetuating these memories. This means less flashbacks to negative memories in the long run. If you have with your smartphone or tablet all the time, incorporating a little Tetris into your day should be quite easy. Just don't get carried away and forget about the work! Final thoughts. More than anything else, improving brain power is about habits, and habits take the time to build. The best approach is to focus on one or two things at once. Giving your life a full makeover will be much more difficult, and the habits you are trying to develop may not stick. This is counterproductive. Not it is difficult to achieve a balance, often is never in the life of an entrepreneur. However, continuous experimentation and tweaking will allow you to test things and see what works best for you. Related: Study: Why Might It Be Time to Reconsider Eating on the Go Last Updated November 4, 2020 Is It Anyone Who Likes to Grow? Are you constantly trying to improve yourself and become better? If you do that, we have something in common. I am very passionate about personal development. It was only 4 years ago when I discovered my passion for growing and helping others grow. At that time I was 22 years old and the last year of my studies. When I thought about the importance of life, I realized that there is nothing more meaningful than leading a life of development and improvement. It is through improvement that we make full use of life. After a year and a half of actively striving for growth and helping others grow through my personal development blog, I realize that there is never an end to the road of self-improvement. The more I develop, the more I realize that there are so many of them that I don't know, so much so that I have to learn. Surely there is always something about ourselves that we can improve. Human potential is limitless, so it is impossible to reach a point without growth. Whenever we think we're good, we can be even better. As a passionate advocate of growth, I'm constantly looking for ways to self-improve. I have collected 42 of my best tips that can be helpful in your personal growth journey. Some of them are simple steps you can get involved in immediately. Some of these are larger steps that require conscious effort to act on. Here they are:1. Read the book every day. Books are a concentrated source of wisdom. The more books you read, the more wisdom you expose yourself to. What books can you start reading to get rich? Some books I've read and found useful are Think and Grow Rich, Which Moved My Cheese, 7 Habits, Learning about Getting Rich and Living an 80/20 Way. When you read a book every day, you will feed your brain with increasing knowledge. Here are 5 really good books to read for self-improvement:2. Learn a new language. As a Singaporean Chinese, my main languages are English, Mandarin and Hokkien (Chinese dialect). Out of interest, I've taken language courses over the past few years, such as Japanese and Bahasa Indonesian. I realize that language learning is a whole new skill in general and the process of learning a new language and culture is a completely mind-opening experience.3. Choose a new hobby. In addition to your usual favorite hobbies, is there anything new you can pick up? Any new sport you can learn? Examples include fencing, golf, rock climbing, football, canoeing or ice skating. Your new hobby can also be a recreational hobby. For example, ceramics, Italian cuisine, dance, wine recognition, web design, etc. Learning something new requires stretching into different whether physically, mentally or emotionally. Here are 20 hobbies that make you new A productive hobby that will make you smarter and happier.4. Take a new course. Is there a new course you can join? Courses are a great way to gain new knowledge and skills. It doesn't have to be a long-term course – seminars or workshops also serve their purpose. I've been to several workshops and helped me get new insights that I haven't considered before. In fact, anyone who wants to be a smarter student should take this 20-minute free class: Spark Your Learning Genius. It will help you recharge your learning skills and raise any skills faster.5. Create an inspiring peace. Your environment gives you mood and tone. If you live in an inspiring environment, you will be inspired every day. In the past, I didn't like my room at all because I thought it was messy and boring. A few years ago I decided it was over – I started with the Mega Room Revamp project and renovated my room. The end result? A room where I completely enjoy being and inspires me to be on top every day. Picture: Source.6. Overcome your fears. Each of us has concerns. Fear of uncertainty, fear of public appearances, fear of risk. All our concerns keep us in the same situation and prevent us from developing. Be aware that your concerns reflect areas where you can grow. I always think of fears as a compass for growth. If I'm afraid of something, it's something I don't have to solve yet, and dealing with it helps me grow. Learn how to overcome your irrational fears (which stop you from succeeding).7. Improve your skills. If you've played video games before, especially RPG games, you'll learn the concept of promotion – gaining experience so you can be better and stronger. As a blogger, I will constantly align my writing skills. As a speaker, I am constantly leveling my ability to engage publicly. What skills can I level up?8. Wake up early. Waking up early (say, 5-6am) was recognized by many (Anthony Robbins, Robin Sharma, among other self-help gurus) to improve their productivity and quality of life. I feel it's because when you wake up early, your mindset is already set to continue the pace and actively live the day. Not sure how to wake up early and feel energetic? These ideas will help: How to get motivated and be happy every day when you wake up.9. Have a weekly exercise routine. You start better by being in better physical shape. I personally make a running point at least 3 times a week, at least 30 minutes each time. You can mix it with jogging, gymnastics lessons and swimming for varieties. Check out these 15 tips to restart your exercise habit (and how to keep it). Picture: Source.10. Start a life guide. The Life Manual is an idea I started 3 years ago. It is a book that provides basic information about how you can live life to the fullest, for example, your purpose, values, and goals. Sort of a textbook for life. I started my life manual from 2007 and that was key in my development.11. Write a letter to your future self. What do you see in 5 years? Will you be the same? Different? What kind of person will you be? Write a letter to your future self – in a year's time will be a good start – and seal it. Put the date in the calendar to open it in 1 year. Then start working to become the person you want to open this letter.12. Get out of your comfort zone. Real growth is associated with hard work and sweat. Too comfortable does not help us grow, it makes us stagnate. What is your comfort zone? Do you stay most of the time? Do you stick to your own space when you get with other people? Shake your routine. Do something different. By exposing yourself to a new context, you literally develop as you learn to act in new circumstances.13. Put someone on the challenge. Competition is one of the best ways to grow. Set a challenge (weight loss, exercise, financial challenge, etc.) and compete with an interested friend to see who achieves the goal first. With this process, you will both gain more than you would set out on your own.14. Identify your blind spots. Scientifically, blind spots refer to areas that our eyes are not aware of. In terms of personal development, blind spots are things about ourselves that we are not aware of. Discovering our blind spots helps us discover our areas of improvement. One exercise I use to discover my blind spots is to identify all the things/events/people that trigger me during the day – triggering the meaning of what I feel annoyed/weird/distracted. They represent my blind spots. It's always fun to do an exercise because I discover new things about myself, even if I can already think that I know my own blind spots (but then there would be blind spots going?). Then I'm working on steps to solve them.15. Request feedback. As we try to improve, we will always have blind spots. Asking for feedback gives us an extra perspective. Some people to get closer will be friends, family, colleagues, boss and even friends, because they will not have prejudices and can objectively convey their opinion. Learn more about how to ask for feedback and learn quickly here!16. Focus on your place lists. I start the day with a list of tasks I want to do, and that helps me focus. By comparison, the days when I don't do it end up extremely unproductive. For example, part of my to-do list for today is to write a guest post in LifeHack.Org, and that's why I'm writing it now! Since my work requires me to use my computer all the time, I use free sticky notes to manage to-do lists. It's really easy to use and it's free, so I recommend you check it out.17. Set big hairy unction targets (BHAGs). I'm a big fan of setting BHAGs. BHAGs extend beyond their normal capabilities because they are big and ugly – you don't think about normally. What are the BHAGs you can start with, which you will feel absolutely on top of the world after them? Set them up and start working on them. Learn how to use smart to be successful in life.18. Admit your flaws. Everyone has flaws. The main thing is to understand them, recognize them and take care of them. What do you think are your flaws? What disadvantages can I work on now? How do you want to solve them?19. Get into the action. The best way to learn and improve is to take action. What does it make sense to do? How can action be taken on this matter immediately? Waiting doesn't do anything. Taking action gives immediate results to draw conclusions.20. Learn from the people who inspire you. Think of the people you admire. People who inspire you. These people reflect some of the qualities you want to have for yourself. What are the qualities you want for yourself? How can these characteristics be acquired?21. Close the bad habit. Are there any bad habits you can lose? Sleeping? Don't exercise? Are you late? Slouching? Nail biting? Smoking? Here are some great advice from Lifehack CEO on hacking looping habits to break bad habits and build good ones: How to Break Habit and Hack Habit Loop.22. Cultivate a new habit. Some good new growing habits include reading books (#1), waking up early (#8), exercising (#9), reading a new personal development article a day (#40) and meditating. Is there any other new habit you can cherish to improve yourself? If you're wondering how to make good habits crazy, check out these tips:18 Tricks to Make New Habits Stick.23. Avoid negative people. As Jim Rohn says: You're the average of the 5 people you spend the most time with. Wherever we go, there will definitely be negative people. Don't spend too much time around them if you feel they are dragging you down. Not sure who toxic people are in life? This article can help you.10 Toxic people that you should just get rid of.24. Learn to deal with difficult people. There are times when there are difficult people that can not be avoided, for example, in the workplace or when a person is part of an internal circle of contacts. Learn how to deal with them. These human management skills will go a long way in working with people in the future: How to deal with negative people.25. Learn from your friends. Everyone has amazing qualities in them. It depends on how we want to use them. With all the friends around you, they will have things to learn from. Try to think of a good friend right now. Think about the one quality they have that you want to adopt. How can you learn from them and accept this skill for yourself? Talk to them if you need to. Surely they will be more than happy to help!26. Start a worksheet. Logging is a great way to get better self-awareness. It's a process of self-reflection. As you write, explain your thought process and read what you wrote from the perspective of a third person, more information about yourself. Your log can be private or online. I use my personal development blog as a personal too and I learned a lot about myself over the last year of blogging.27. Start a blog about personal development. To help others grow, you must first walk around the conversation. There are expectations for you, both from yourself and from others, that you must sustain. I run the Personal Excellence Blog, where I share my personal journey and insights on how to live better. Readers look toward my articles to improve, forcing me to keep improving, for myself and for the people I reach.28 Get a mentor or coach. There's no faster way to improve than someone working with you on your goals. Many of my clients approach me to train them for their goals and achieve much more results than if they were working alone. If you're looking for a mentor, don't miss these tips: What to Look for in a Good Mentor.29. Reduce the time you spend on chat programs. I realized that chat programs opened as a result of default in a lot of wasted time. This time can be much better spent on other activities. The days when I don't get chat, I have a lot more to do. I usually turn off the option to start automatically in chat programs and run them when I want to talk and I really have time for it.30 Learn chess (or any strategy game). I found Chess is a great game that you strategy and hone your mental potential. Not only do you have fun, but you also practice your analytical skills. You can also learn strategy from other board or computer games like Othello, Chinese Chess, WarCraft and so on.31 Stop watching TV. I haven't watched TV in almost 4 years and it was a very liberating experience. (Here are 10 reasons to turn off your TV) I realized most programs and commercials in mainstream TV are usually lower-awareness and not very empowering. Instead, the time I freed myself from not watching TV is now constructively used for other purposes, such as connecting with close friends, doing the work I like, exercising, etc.32 Start a 30-day challenge. Set a goal and give yourself 30 days to achieve it. Your goal may be to stick to a new habit or something you've always wanted to do, but not 30 days is enough time to strategize, plan, get into action, review and nail the target.33. Meditate. Meditation helps you calm you down and be more aware. I also realized that during the night when I meditate (before bedtime), I need less sleep. The process of removing clutter is very liberating. Try this 5-minute meditation guide: Anywhere, anytime.34 Join toastmasters (Learn public appearances). Interestingly, public speaking is a #1 in the world, and #2 is death. After I started speaking publicly as a personal development speaker/coach, I learned a lot about how to communicate present themselves and engage people. Toastmasters is an international organization that trains people in public speeches. Check out the nearest Toastmaster.35 clubs. Make friends persons in their fields. These people have achieved their results because they have the right attitudes, skill sets and know-how. How better to learn from the people who were there and did it? Get new information from them on how you can improve and achieve the same results for yourself.36 Let go of the past. Is there any complaint or misfortune from the past you have kept? If so, it's time to let go. Sticking to them prevents you from moving around and becoming a better person. Break away from the past, forgive yourself and move on. Recently, I finally moved from past heartbreak 5 years ago. The effect was liberating and very empowering, and I've never been happier.37 Start a business. Is there anything you're interested in? Why not turn it into a venture and make money while studying at the same time? Starting a new venture requires learning business management skills, developing business skills and competitive advantage. The process of starting and developing my personal development business has provided me with many skills such as self-discipline, leadership, organization and management.38 Be kind to the people around you. You can never be too kind to someone. In fact, most of us do not show enough kindness to the people around us. Being kind helps us nurture other qualities, such as compassion, patience, and love. As you get back to the day after reading this article later, start exuding more kindness to the people around you, and see how they react. Not only that, pay attention to how you feel, behaving kindly toward others. Chances are you'll feel even better than yourself.39 Reach people who hate you. If you ever can afford something, you're going to get haters. It's easy to hate people who hate us. It's much harder to love them back. The possibility of forgiveness, forgiveness and a show of love for these people requires generosity and an open heart. Is there anyone who doesn't like you or hates you in your life? If so, contact them. Show them love. Search for a solution and get closure on past complaints. Even if they don't want to reciprocate, love them all the same. It's much more liberating than hating them back.40. Take a break. Have you worked too hard? Self-perfecting is also about recognizing our need to take a break for a long mile ahead. You can not drive a car if there is no gasoline. Planning downtime for yourself is important. Take some time off for yourself every week. Relax, unraise, and charge for what's in front of us.41 Read at least 1 personal development article per day. Some of my readers make it a point to read at least one personal development article each day, which I think is a great habit. Many great personal development blogs, some of which you can check out here.42. Commit to personal development. I can write list articles with 10 ways, 25 ways, 42 ways or even 1000 ways to improve myself, but if you're not going to commit to personal development, it does not matter what I write. Nothing is overselling. We are responsible for our personal development – not anyone else. Not your mom, your dad, your friend, me or Lifehack. Make the decision to commit to personal growth and embrace your life's journey of growth and change. Start your growth by choosing a few of the above steps and working on them. The results may not be immediate, but I promise you that as long as you hold it, you will begin to see positive changes in yourself and in your life. So here you are, 43 solid ways to self-improve. Choose one or more to start doing today. If you want to see yourself improving, you need to take some action. More Self-Improvement Tips Cover Photos Credit: Unsplash by unsplash.com unsplash.com

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