HOW TO TRAIN YOUR BRAIN

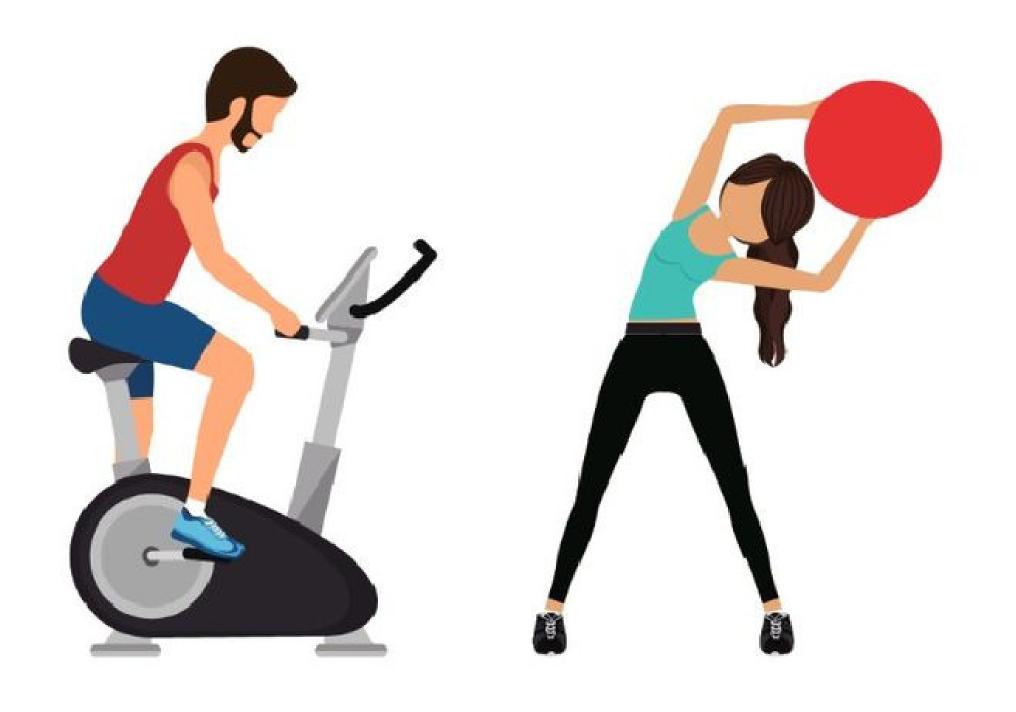




READEVERYDAY



• MEDITATE DAILY



• EXERCISE DAILY



• WRITE A
TO-DO LIST.



• WRITE DOWN IDEAS



GET OUT FROM YOUR COMFORT ZONE.