

8 WAYS TO **KEEP YOUR BRAIN YOUNG**



1. SPEND YOUR FREE TIME READING

Read books that challenge you:

- **Health**
- **Wealth**
- **Persuasion**
- **Philosophy**

Best books of all time:

- **Antifragile**
- **Fallen Leaves**
- **Lessons of History**
- **Proverbs/Ecclesiastes**



2. CONSUME OLD CONTENT TO FIND NEW IDEAS

- Observe old art**
- Read classic books**
- Visit old architecture**
- Visit your grandparents**
- Watch the best movies of all time**
- Spend time in nature**

The older the content, the better the ideas.



3. EAT NUTRIENT DENSE FOOD

A sharp brain starts with your diet:

Foods high in:

- **B12**
- **Zinc**
- **Folate**
- **Antioxidants**

This will improve your energy, mood,
and prevent unnecessary illness



4. PLAY CHESS AND POKER

It activates both sides of your brain

You will get better at:

- **Math**
- **Focus**
- **Psychology**
- **Problem-solving**
- **Pattern recognition**
- **Strategy and tactics**

If you want a challenge, try blindfolded chess.



5. SPEND TIME WITH GOOD PEOPLE

Being part of a community gives you:

- **Meaning**
- **Social connections**
- **A sense of belonging**

Chose friends who focus on becoming better

- **Growth**
- **Fitness**
- **Business**
- **Accountability**

Read: “Tribe” & “Social” (Dunbars number)



6. EXERCISE AND MOVEMENT

30 minutes of exercise produces serotonin and endorphins in your brain, giving you:

- **Calm mind**
- **Confidence**
- **Better sleep**
- **Increased blood flow**

Movement is one of the best ways to keep your brain sharp.



7. HAVE AMAZING SLEEP

Do this by:

- **Weighted blanket**
- **Comfortable bedding**
- **Completely dark room**
- **Consistent sleep times**
- **Nose strips/mouth tape**
- **Cold temperature (17–20 Celsius)**

In the evenings, try:

- **Blueberries**
- **Dark chocolate**
- **Magnesium + L-Theanine**



8. CHALLENGE YOURSELF WITH NEW SKILLS

Skills like:

- **Coaching**
- **Copywriting**
- **Email marketing**
- **Learn a new language (seriously underrated)**

It's not about unique skills... It's about you, a unique combination of skills.

Now put yourself in challenging situations where your back is against the wall, forcing you to act.

