

Brain training is necessary to accomplish a goal or overcome a hurdle. You must tell yourself, train yourself into thinking and believing that you can do it! This is a powerful exercise.

There was once a group of athletes who had undergone brain training. They had told themselves they were already gold winners. Without even extra training, they achieved this goal!

Remember, the brain only believes that which you tell it. It also cannot tell present from future tense, so believing now that you have already achieved it, is a powerful exercise in achieving a goal.

God created us to achieve purpose, His purpose, and we must be purposeful in its achievement.

Below are good brain training habits that will help you live a more purposeful, meaningful life. Training your brain towards a goal will mean more intentionality in other areas of life. It will also mean a more focused life with less time for distraction.

Challenge yourself with two or more of these. The exercise on page 5 will help.

### Puzzles and Games:

- **Sudoku:** Enhances logical thinking and problem-solving skills.
- **Crossword Puzzles:** Boosts vocabulary and verbal fluency.
- **Chess or Strategy Games:** Improves planning, strategic thinking, and foresight.

### Memory Exercises:

- **Memory Games:** Play games that involve remembering sequences, patterns, or details.
- **Recall and Repetition:** Memorize and recite poetry, songs, or passages from books.
- **Association Techniques:** Link unrelated items to improve memory retention.

### Mental Math and Calculation:

- **Math Challenges:** Practice mental math exercises to enhance calculation speed and accuracy.
- **Math Puzzles:** Solve math problems or equations that require critical thinking.

### Reading and Learning:

- **Read Diverse Content:** Read books, articles, or subjects outside your comfort zone to expand knowledge.
- **Learning a New Skill or Language:** Challenges the brain to adapt, memorize, and use new information.

### Brain Training Apps and Software:

- **Lumosity:** Offers a range of games targeting memory, attention, and problem-solving skills.
- **Elevate:** Focuses on improving cognitive skills through personalized brain training activities.
- **Peak:** Provides a variety of brain games designed to challenge different mental faculties.

### Physical Exercise and Brain Health:

- **Aerobic Exercise:** Boosts blood flow to the brain, improving cognitive function and memory.
- **Yoga or Tai Chi:** Combines physical exercise with mental focus, enhancing overall brain health.

### Social Engagement:

- **Conversations and Discussions:** Engage in meaningful conversations to stimulate cognitive processes.
- **Group Activities:** Participate in group activities or clubs that encourage social interaction and mental engagement.

### Music and Artistic Pursuits:

- **Playing Musical Instruments:** Challenges memory, coordination, and creativity.
- **Drawing or Painting:** Enhances creativity and spatial awareness.

**Brain-Boosting Nutrition and Hydration:**

- **Balanced Diet:** Consuming foods rich in antioxidants, omega-3 fatty acids, and vitamins supports brain health.
- **Hydration:** Staying adequately hydrated is crucial for cognitive function.

Mixing and matching these brain training exercises can provide a well-rounded approach to improving cognitive abilities, memory, focus, and overall brain health.

Incorporating these activities into your routine can positively impact brain function and overall mental well-being.

Here is a practical way for application.

Do some introspection. How are you going to train your brain in forming good habits? Answer the following questions.

1. What are some good habits you wish to form?

2. What are some bad habits you wish to kick?

3. What actions will you take to form the good habits?

Habit 1

Habit 2

Habit 3

What actions will you take to kick the bad habits?

Habit 1

Habit 2

Habit 3