

Improve everyday intelligence with 10 super simple habits

Your intelligence can completely improve if you work hard to practice 10 simple habits like reading, getting enough sleep, eating well or doing new things every day.

"The older you are, the harder it is to develop intelligence" or "people only use 10% of the brain" - if you still impose this mindset in the beginning, you will gradually turn yourself into a person without creativity, lack of ideas, sluggish with old work habits and of course, "slow" about everything compared to young colleagues! The human brain is a very sophisticated machine: It can continue to grow as long as people are constantly learning and practicing.

See more:

1. **People only use 1/10 intelligence?**
2. **Solution "Will intelligence change over time?"**

Here are 10 extremely simple ways to help you train your intelligence every day to get more ideas and work more effectively in 2016.

1. Do new things every day

When you do a new thing, your brain will have to change to adapt to the new "work" conditions. You can try anything as long as it is completely different from everything you have ever done, such as cooking a new dish, rearranging your desk, studying corner, writing an article, updating sign, take a bus to work instead of riding a motorbike, travel to a strange land or learn a new language. All these experiences are very helpful in stimulating the activity of neurons nerve in the brain.



No one knows what is being done at the moment will be useful for their future. So, never be afraid to do new things. Be ready to face the challenge and someday not far away, you will find them really meaningful.

2. Write down all the things you have learned

" *A brush stroke is better than a good memory*" . Nobody dares to assert that I will always remember everything that happened. Moreover, recording some important issues completely does not take time and effort; Even, it will be very meaningful if you try to turn them into interesting and lively notes.

3. Play intellectual games

A series of studies have shown that playing puzzle or puzzle games will stimulate brain development, thereby improving intelligence, judgment and ability. logic of each person. Currently, most of us own at least one smart device so take advantage of them by installing a few **intellectual games** on your computer to entertain as well as "exercise" for the brain.

4. Read more



Bill Gates, Warren Buffett or Oprah Winfrey all spend a day of the day reading. Reading not only helps us entertain, expand our vocabulary, add knowledge but also helps each person to train their imagination, develop thoughts and feelings to deeply understand the author's message .

5. Share what you learn for others

The fastest way for you to memorize long, deep and better understanding is to communicate it to others. Albert Einstein once said: *"If you can't explain something to others, it means you haven't really understood it yet."*

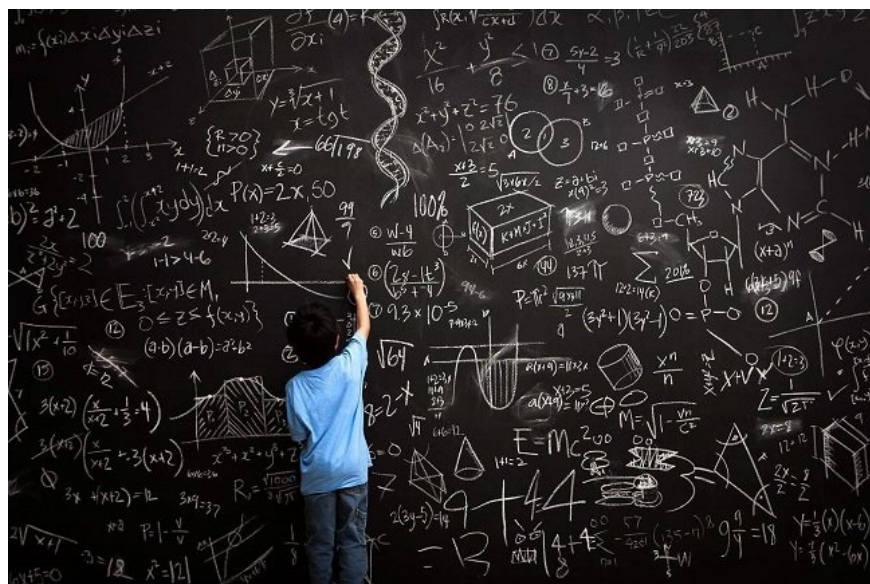
This is also the way that many large technology corporations in the world often challenge candidates when participating in job interviews. For example, Google once made a request: *"Explain the meaning of the database in only 3 sentences for an 8-year-old child."*

6. "Do nothing"

"Not doing anything" means putting yourself in a quiet state. Cramming too many things in your head or constantly handling lots of work without resting will make you overload. Instead, sometimes, give yourself the silence to review what you need to do, review new knowledge or issues, the results you have achieved or what needs to be changed.

7. Practice mental math

Remember when you were a student, you were often asked by teachers to do simple math calculations. However, the current reality is that many people often rely on the help of computers and phones to calculate while the numbers are just under 100! Change this habit and let the "dance" brain with numbers before you are completely controlled by electronic devices.



8. Ask questions

Another simple habit to develop intelligence is to ask questions. Don't impose yourself on traditional rules or rules, if anything is questionable or not understood, boldly ask questions and actively seek answers. This will help the brain "adapt" to creating new ideas. However, don't be too curious about everything because they will make you fall into unexpected incidents.

9. Positive thinking

Stress and anxiety will "kill" the neurons in the brain, and prevent the creation of new neurons. Many studies have shown that always thinking positively, especially with a beautiful perspective on the future will help speed up the process of creating neurons and gradually reduce negative manifestations.

10. Get enough sleep and eat well

When eating enough, sleep is guaranteed, your mind is always alert and ready to absorb new things. It is hard to discover intelligence or creativity while you work with a tired mood, lack of sleep and not being alert.

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