

Less than surfing Facebook, the following 16 daily routines will make you smarter

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Here are some helpful tips for the question ' *What should I do to become a little smarter each day?* 'on Quora exchange network.



1. Think about 10 ideas every day

Think about how to reduce the feeling of being in need, how to solve a daily problem you have, the idea of ?? attractive movies or anything. Don't worry that ideas will fail, as long as you are making your mind active and practicing your thinking ability. You can even think of a big idea like starting a business or writing a book.

2. Read the newspaper

The habit of reading newspapers will help you become more aware of the important things happening around the world. You will learn how to form your own ideas and connect points that seem to have no relation to each other.

3. Set of opposing thinking

Think of something you have just learned, creating a separate opinion about it that has never appeared in your mind. Try to find evidence that protects this view and broaden the idea that new evidence will change your opinion. Repeat it daily, and you'll quickly get better creative thoughts than before.

If you find it difficult, try reading and evaluating the comments section of the newspapers. They will help you understand how others form arguments and express their views.

4. Read a novel or non-fiction chapter

Aim to read 1 book a week. You can always find short intervals to read, maybe on the way to work or while waiting in line. *Goodreads* page is a great way to store all your reading as well as where you find the community of book lovers like yourself.

Novels are a great place for you to understand the characteristics as well as reach the point of view of others while non-fiction books are a source of new content and topics from politics, to philosophy.

5. Instead of watching TV, watch educational videos

Sometimes, it is much more interesting to follow a topic you love than reading about it and you can learn a lot from the experience of others.

The sources of useful educational videos you can consider are *Khan Academy* , *TED* or *Youtube* channel *SmarterEveryDay* .

6. Browse through your favorite sources of knowledge

Make a habit like surfing Facebook with sources like *Quora* , *Stack Overflow*, some special blogs or any other source that satisfies your hunger for knowledge. This is an extremely easy but very useful habit, what you need to do is follow interesting topics, thereby posing your own questions.

7. Share what you learn with others

If you find someone to argue and analyze ideas with you, you can add new knowledge and aspects from others. Also, when you can express ideas with others, that means you have a firm grasp of the problem. Even, you don't need to share directly with others, many people use blogs to write down what they perceive.

8. Create 2 lists: Work-related skills you want to learn right away and a list of things you want to achieve in the future

Google Docs is a convenient tool to keep track of what you've outlined. With both, decide what you want to learn, then look for resources that will teach you these skills and do it every day. For example, if you want to learn in the field of computer science, with the first list you can learn something new from Python or try using MongoDB.

With the second list, you can see these as long-term goals such as deeper understanding of marketing or architecture. Write down the small steps you need to achieve this goal by reading, attending classes or meeting experts.

9. Make a list of 'I did'

At the end of the day, write down what you've accomplished. This will help you feel better about what you achieve, especially if you are feeling depressed. It will also help you see how well you work, and then adjust your to-do list tomorrow.

10. Write down what you learned

You can start with a blog or application like Inkpad to help keep track of what you learn. This is not only a great way to record everything you are doing, it is also a good source of motivation to maintain your sense of responsibility.

11. Stimulate your brain

Maintaining daily thinking is a great way for your brain to function and keep your mental strength. Another good way to think is to make difficult decisions or acquire new information.

12. Online learning

Join a useful online course of universities or training institutions. But make sure you don't overload yourself, pledging that you really focus on pursuing one or two courses that you think are useful.

13. Communicate with smarter people than you

Spend time with smart people when you can. Every day, you should make an appointment for a coffee or a walk, chat with someone who inspires you.

Always being humble and willing to learn, no one will deny you. Ask as many questions as possible. If you are always with people who are better than you, you have no choice but to learn.

14. Record your questions

If you see or hear something interesting, don't let it pass. Remember, save your questions, questions, nurture curiosity and find answers for them.

15. Do something horrible

Overcoming comfort, satisfaction always makes us wiser. Every day, set yourself a little further. Try speaking in front of a crowd by going to *ToastMasters* class, leading a volunteer meeting or approaching someone you really admire by sending a letter or email.

16. Discover new lands

If you can't travel often, explore new areas right where you live. You will meet different people, learn new things, understand more about the world. This is more effective than having to sit home and watch TV continuously.

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