

# Train your brain: How to think smarter every day

(6 Tips)



# 1. Challenge Your Thinking Habits

We all have habits in our thinking that can trick us, like **only** believing things we agree with.

Start paying attention to your thoughts and ask yourself if you're being fair or just seeing things the way you want.

This makes you think clearer and smarter.



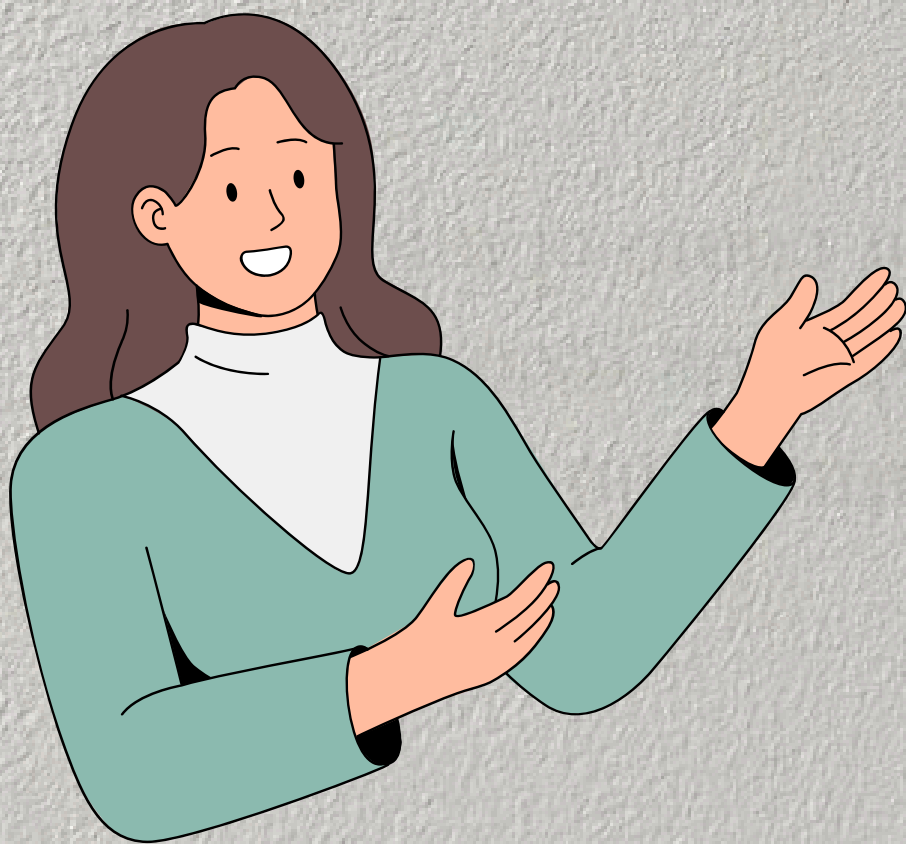


## 2. Teach What You Learn

A great way to solidify your understanding is by explaining it to someone else, using simple terms.

If you can't explain it easily, it's a sign you need to deepen your knowledge.

Teaching makes you  
think clearer and  
learn faster.



### **3.** Change Up Your Routine

Try brushing your teeth with your opposite hand or taking a new route to school or work.

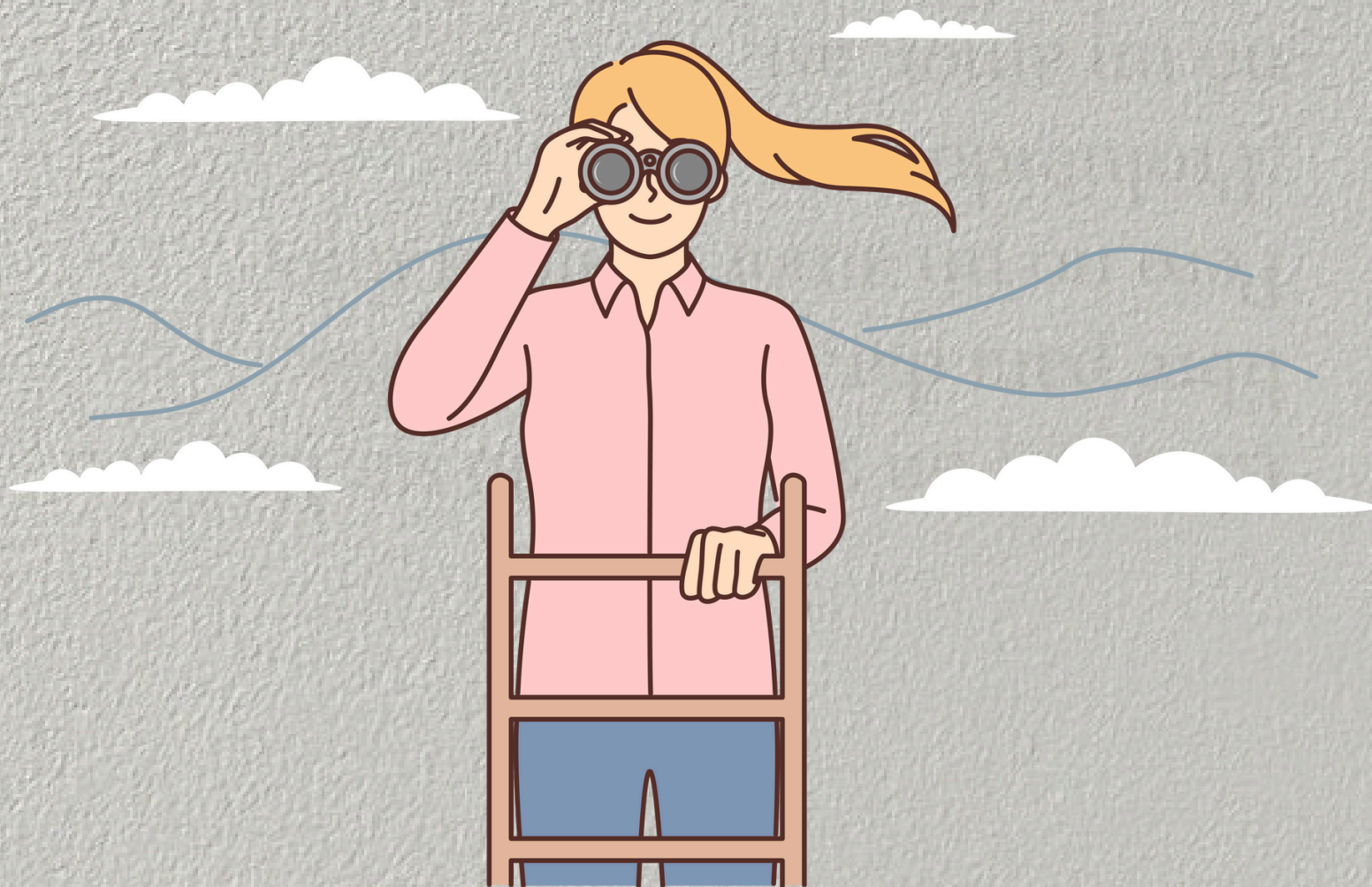
Changing up little things you do every day forces your brain to work in new ways, making it sharper and more adaptable.



## 4. Dream About the Future, but Plan for Problems

Visualizing success is great, but also take time to consider potential roadblocks.

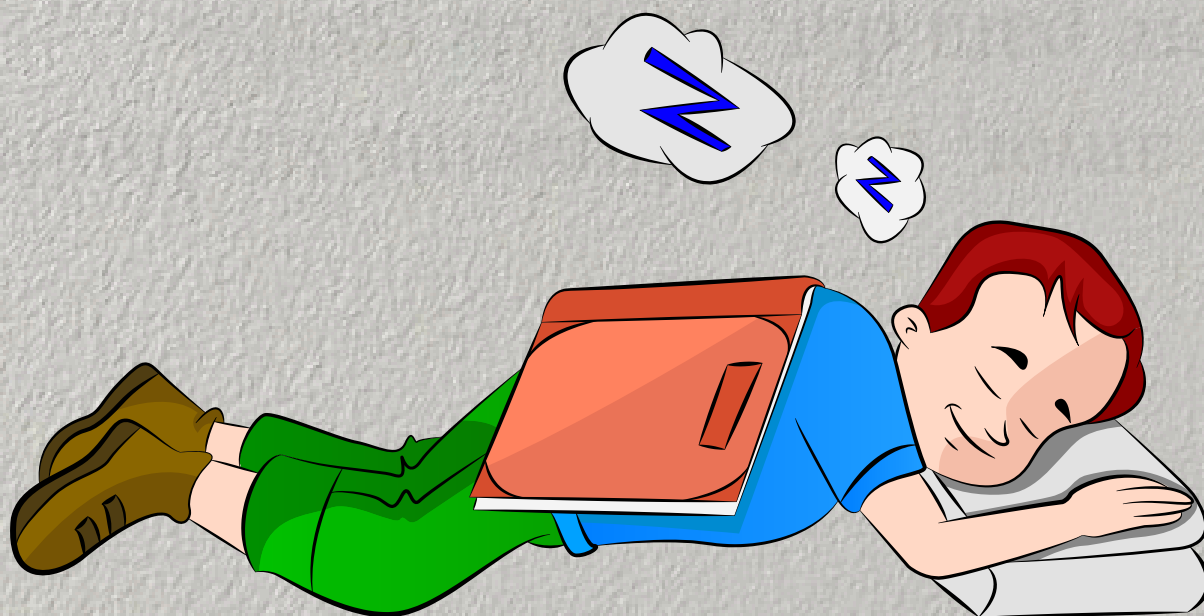
By preparing for challenges in advance, you can think more strategically and achieve your goals more effectively.



## 5. Sleep-Based Intelligence Boosting

Instead of merely talking about "getting more sleep," dive into the science of how “targeted memory reactivation” works.

Right before bed, review what you’ve learned or listen to calming music. While you sleep, your brain processes and stores new information, helping you wake up with better recall and fresh ideas.





## 6. Reverse Problem-Solving

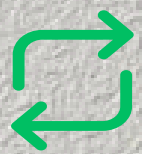
Instead of asking how to solve a problem, ask how you could make the problem worse.

For example, instead of asking how to save money, ask how you could waste it.

Thinking in reverse helps you find smarter ways to fix things.



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