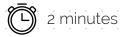
SKILL BUILDING NO. 27 Train Your Brain



Want to build your endurance and focus? Try these activities to give your brain a workout!

- Play a counting game where you skip numbers as you count down from 100 or count words on a page.
- 2. Spend time visualizing an object and then describing it in detail.
- 3. Complete crossword puzzles or sudoku.
- 4. Create a to-do list of tasks or goals you want to accomplish.
- 5. Learn new concepts or theories that force you to think hard.