

MUST
KNOW

TIPS

LEARN

HOW TO TRAIN YOUR BRAIN

WITH JUST 6 EXCERCISE

SWIPE TO LEARN



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READ EVERYDAY

TIP

1

Reading every day is a great habit to develop as it has numerous benefits. Here are some reasons why reading every day is important:

1. Improves vocabulary and language skills:
2. Enhances knowledge and understanding
3. Boosts brain power
4. Reduces stress
5. Improves empathy and social skills
6. Provides entertainment



WRITE DOWN IDEAS

TIP

2

Writing has numerous benefits, both for personal growth and professional development. Here are some of the key benefits of writing:

1. Improves communication skills
2. Enhances creativity
3. Boosts self-confidence
4. Improves critical thinking skills
5. Provides a sense of accomplishment
6. Helps with stress management
7. Develops time management skills
8. Strengthens memory and learning



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DAILY EXERCISE

TIP

3

Engaging in daily exercise has numerous benefits for both physical and mental health. Here are some of the key benefits of regular exercise:

1. Improves cardiovascular health:
2. Enhances physical fitness:
3. Aids in weight management:
4. Boosts mood and reduces stress:
5. Improves sleep quality:
6. Reduces the risk of chronic diseases:
7. Improves cognitive function:
8. Increases energy levels:



GET OUT OF THE

COMFORT ZONE

TIP

4

Stepping out of your comfort zone can be challenging, but it has many benefits for personal growth and development. Here are some of the key benefits of getting out of your comfort zone:

1. Increases self-confidence:
2. Expands your comfort zone:
3. Encourages personal growth:
4. Boosts creativity:
5. Increases resilience:
6. Broadens your horizons:
7. Builds courage:



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WRITE A TO DO LIST DAILY

TIP

5

Using a to-do list can have numerous benefits for productivity and organization. Here are some of the key benefits of creating and using a to-do list:

1. Increases productivity:
2. Reduces stress:
3. Helps with time management:
4. Improves organization:
5. Increases accountability:
6. Provides a sense of accomplishment:
7. Helps prioritize tasks:



TAKE TIME TO MEDITATE

TIP

6

Meditation is a practice that involves training the mind to focus and calm the thoughts, leading to numerous benefits for physical and mental health. Here are some of the key benefits of meditation:

- 1.Reduces stress and anxiety:
- 2.Improves sleep quality:
- 3.Increases self-awareness:
- 4.Enhances emotional well-being:
- 5.Improves focus and concentration:
- 6.Lowers blood pressure:
- 7.Enhances immune function:



**DID YOU FIND THIS
HELPFUL?**

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COMMENTS BELOW**



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