

1 Use a **journal** as a launching pad for your ideas.

2 Broaden your **perspective**; notice at least one new thing on your daily commute.

3 **Read** every day; the more you read, the better your retention.



HEALTHY TOP TEN

Keep Your Mind Sharp

4 Learn from **kids** – they often teach lessons grown-ups have forgotten.

5 Sample **new foods** to teach your taste buds a thing or two.

6 Visit your **library**; it's free, it's quiet and it's loaded with knowledge.

7 Sign up for something fun to learn a new **hobby** and meet like-minded people.



8 Volunteer to **teach**; it's a guaranteed way to learn something new.

9 **Be curious ...** at work, at play, with friends and with family.

10 Take a **road trip**.

