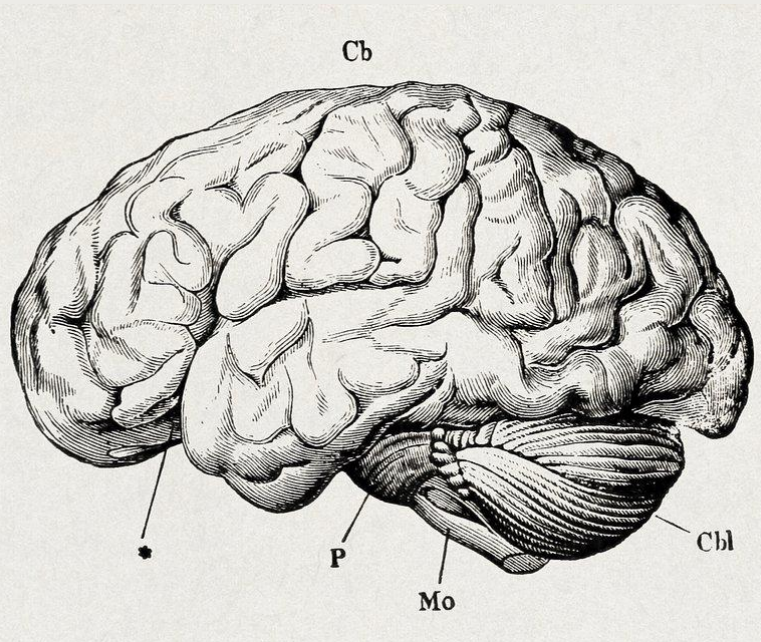


## Train your Brain

To train your brain is to create a memory of knowledge and strength. training one's brain can help with studying mindset fixing and helping things like anxiety and depression. What I mean by training your brain is pushing yourself to do your best each and every time you have the opportunity to do so, take it and shove it into your book of best efforts.

Creating a book of best efforts can help you realize how much you've accomplished and how far you've come in life. For some reason our brain tends to like to trick us by saying bad things or that we should just shy away from conversation but showing people that you're trying your best is one of the most important things you can do.



### Good ways to train your brain

Reading, reading is a wonderful way to train your brain. Reading can help stimulate your brain. Reading fiction is proven to help mental health

Another good way to train your brain is by writing. Writing can help grow your brain and imagination. Writing can also help with mental health.

Meditation is also a wonderful way to train your brain. Meditation is an art where you relax your brain and body to go into a calm state of mind.