

10 Hacks to Supercharge Your Brain

Your mind functions to the ability in which you take care of it, nurture it and strengthen it. Here are 10 ways to Super Charge your system that are simple and doable. Do 1 a day for 10 days and notice the difference it makes. Life doesn't improve until your mind does! Take action today!

1. SLEEP LIKE A BABY – When trying to get more power out of your mind it needs your support in getting better sleep. Your mind uses so much energy through the day and it needs time to process what happened through the day. When you sleep shallow during the night or have difficulty sleeping deep, your mind can't sort and file away the activities from the day. Then when you wake up you still are dealing with yesterday's energy, thoughts and emotions. Which then pile up on top of your mind and you now feel heavier. Black out your room of all light and this will give you a space to sleep deeper in. Just a little bit of light or any blinking lights will cause you to sleep shallow.

2. MUSIC MINDSHIFT – Music can move the masses and it can also move your mind to think better. Find and listen to music that has great lyrics that motivate you and uplift your vision of yourself and your life. Create a "Get up and Get Going" play list of 10 songs that can get your mind on track first thing in the morning. Super powerful to have this external boost to fill your head full of great words and statements from the songs. The music will get into your bones and carry with you throughout the day!

3. HYDRATE! – When you are low on water it requires more "push" to think of how to solve problems and how to deal with people. Which can feel exhausting. More water in your system upgrades your thinking process. There are many times where you feel like you are hungry and you actually could be thirsty. By the time your body tells you that you are thirsty, you had run out of water a while ago. Keep that body of yours hydrated. The electrical current in your mind functions faster and gets to conclusions sooner when you are hydrated. This supports you in making better decisions, sooner. That creates progress.

4. VEGGIES – Feed your brain food that it can use! Too much of our diet today is from manufactured food that is not really food. When you go to the store go to the produce section and get a big bag of real food to eat. Veggies and Fruits are super powerful for your mind. When you eat more packaged foods you will end up feeling sluggish and foggy. When you eat from the produce department you will feel lighter and clearer. Which gives you the power to believe in yourself and your choices. That is ALL good! Get that big bag of produce food in your cart and take it home and eat it! ☺

5. WALK & VENT – Instead of venting on your kids, your spouse or your friends take your frustrations outside and walk it off. When your head is full of intensity you are going to short circuit your mind. Disappointment and frustration will plug up your thinking and you will feel lost and confused. Get outside and go for a 10-minute walk. 5 minutes walking away from the house and 5 minutes walking back to the house. Simple and doable. During the

5 minutes walking away from the house unload your feelings and frustrations about people and about the day. People issues pile up on you every day. Go for a 10-minute walk and get it off of your chest and out of your throat so you can think more clearly. When you are upset, you fry your mind and it can't think very well. Help it out; unload your mind while you walk. The 5 minutes walking back to the house talk about what you are grateful for. Boost your mind back up to appreciating life and others. Be in control and vent while you walk, don't vent on people.

6. UPGRADE – Start your day off by saying out loud statements, compliments, to yourself about what is sooooo good about who you are. Compliment yourself. Yes, it will feel silly and stupid for a bit, but then you will feel the power of positive talking. Really give yourself compliments. See if you can go the whole day and see if you can get over 100 compliments said about yourself that you come up with. Recognizing what you do good reinforces the fact that you matter. This boost the mind to “feel good” about the life that you have and the good that you do. No one knows the right compliment to give you that will make the difference, but you. Compliment yourself big time today. If you quit because it felt to silly or selfish....you just found out that you have too much negativity inside of you. Don't quit, complimenting yourself will push out that negativity you have. Time to replace the negativity with the power compliments that you create today.

7. TREE HUGGER – Mother Nature delivers every time. Outside amongst the trees, the water, the mountains and the fields there is calmness that can recharge you like nothing else can. Your quest here is to find a place in nature that you can go to and be still and soak up some nature. You may have to practice the “soaking” part of this exercise. This will require you to think of nature and not think of your “to-do” schedule. Put your phone away, look around at the trees, the mountains, the sky and listen. Learning how to “soak” first starts with listening to nature. When you tune your mind to listening you begin to start soaking it in. Nature sounds have been recorded onto audios for people to listen to them so they can lower their stress levels and find peace. You can find the same thing by getting outside into nature. The key is to practice listening to nature sounds to bring you back to a place of being “naturally calm”.

8. GENERATE THE GOODNESS – Think of someone. Plan something GOOD to do for them. Don't tell them what you are doing. Surprise them with the “goodness” you planned. There is a chemical that your brain releases when you “do good” for others. Your mind benefits from this experience with the feel good experience you just created. Instead of waiting for something to make you feel good, plan the “feel good” yourself. In fact, you can plan more of these moments. Too many times you get wrapped up in all our problems and you get stuck in your own messes. Think of someone else and plan a surprise for him or her and deliver it. You be in charge of boosting your mind and causing someone else to have a great day!

9. COACH YOURSELF on how you can do better and record it – SUPER COOL idea! Get your phone out and think of what you would tell yourself if you were a motivational coach. What types of comments or suggestions would you have if you were going to motivate YOU. Turn that video camera on your phone ON and record yourself giving yourself a MOTIVATIONAL SPEECH. Get all into it and get overly passionate. Really go for it. Don't hold back, tell yourself what you have always wanted to hear. Raise your volume and your enthusiasm a

couple notches and coach yourself. YOU WILL FEEL something crazy happen inside of you. That feeling will feel weird at first....but then you will realize it is the feeling of MOTIVATION. When you can hear the sound of your own voice telling you about your own potential and what opportunities you have in your life, THIS LIGHTS YOU UP! Now you have an awesome recording to watch each day. YOU ARE YOUR BEST COACH! DO IT!

10. SPAGHETTI BRAIN CLEAN UP – You probably have 100 thoughts that just cycle through your mind of ALL the things you want to do, fix, actions you want to take, and things you want to tell people. That is a lot of information to manage in your mind. Every thought requires energy to maintain it until you actually complete that thought with actions. You can actually wear yourself out with spinning thoughts in your head. You can even wear yourself out so much you feel like you need to lay down and take a nap and all you were doing was reviewing all the things that are in your head. Get a pad of paper and unload these thoughts on paper. OR get an app on your phone to unload your thoughts on your phone. Somewhere you need to unload your mind because it is burning up too much energy and wearing your mind out. You won't lose the thoughts because it is out on paper now. You will most likely feel an immediate relief. A relief from the traffic jam in your head of all the thoughts running into each other. Too much to think about. Care enough to unload your DO LIST onto paper so you can calm your mind enough to THINK about what to do next. Instant relief.

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Kirk Duncan

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