

Use These Powerful Tools to Improve Cognitive Ability, Performance, and Success

Everyone seems to be talking about mindfulness and taking the time to invest in yourself. But how do you really make your mind work for you? You are the “captain of your soul,” after all!

It is easy to say you want to take care of yourself, but how do you take care of the mind, which takes care of everything else? The answer is not some pill, diet fad, magic number, Instagram account with over a million followers, or some quick-fix memory program. Our minds are incredibly powerful—we can use our thoughts to improve our overall intellect, cognitive performance and mental and physical well-being.

Mental self-care is integrally interwoven into a life of meaning, which naturally evolves into success in school, work and every other area of your life. You can only be you, and who you are is brilliant, exciting and inspiring.

Whether you are at school and just want to learn how to learn, whether you are in corporate life and need to improve your memory and performance, whether you are a stay-at-home or working parent juggling professional and personal responsibilities, or whether you feel your mind and memory are not functioning as they should—you need to stay sharp because you are a thinking, learning being. You are thinking and learning every moment of every day. The questions we need to

ask, then, are: What should I think and learn? How should I think and learn?

In the book, *Think, Learn, Succeed*, three powerful tools for using your mind to change your life are explained. They include:

- • The Mindset Guide
- • The Gift Profile
- • The Switch On Your Brain 5-Step Learning Process

Mindsets contain power, and it's time you start using yours to work *for you*! Visit to learn more.