

8 Tasty Treats To Help Keep Your Brain Young




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Let's Check The List...

YOU NEED THESE TASTY TREATS IF...



**YOU
GET
BORED
EASILY**



**YOUR
JOB IS
NOT FUN**



**YOU
MINDLESSLY
GRAB
ANYTHING
TO EAT**



**YOU HAVE A
HARD TIME
ACCOMPLISHING
YOUR GOALS**



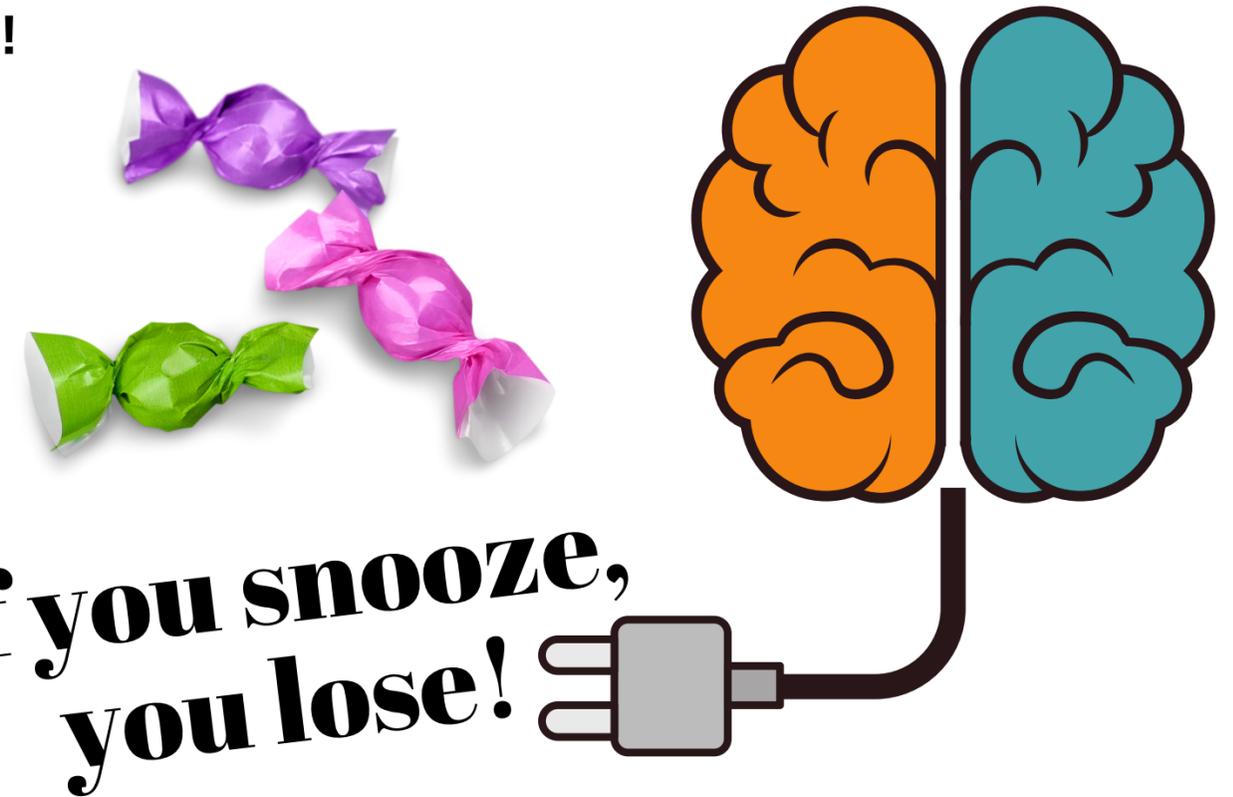
**YOU HAVE
A HARD
TIME
PLANNING
FOR
ANYTHING**



What Are These 8 Tasty Treats For?

IMPORTANT INFORMATION YOU NEED TO KNOW!

- Researchers and Scholars have proven that the biggest mental decline occurs after we graduate from formal schooling like college. If you don't use your brain then you can lose it.
- Stress.org has compiled numerous statistics over workplace stress and mental health issues.
- These 8 Tasty Treats are creative exercises that were engineered to help everyday professionals utilize their minds and imaginations in creative ways just like a kid, thereby aiding abilities to handle everyday problems and reducing workplace stress.



***If you snooze,
you lose!***

PRESS START

*& Stay
Fearless*



Treat

- 1.**
 1. Pick a letter from the alphabet.
 2. Find a positive adjective beginning with that letter.
 3. Write down 5 positive sentences about you using that adjective.

- 2.**
 1. Find a friend or co-worker.
 2. Start a sentence.
 3. Have your partner finish your sentence and have it rhyme.
 4. Do this 10 more times and see who laughs first.
 5. Then switch at least 3 more times.

- 3.**
 1. Find a movie with a major city in its title.
 2. Pick 5 famous lines from that movie.
 3. Post several silly variations of the lines on your Twitter or Facebook account with that day's trending hashtag.

Treat

4. Find 5 common jobs any human can do no matter where they are in the world, or who they are. Promote this on your favorite social media channel.



1. List 10 of your favorite animals.
2. Pick 5 from that list and find funny YouTube videos about those animals.
3. Post and give a positive comment about these videos on your favorite social media channel.

Treat 5.



1. Pick a favorite star constellation.
2. Draw and create a diagram of your constellation any way you choose.
3. Draw a second diagram creating your own unique constellation and give it a new name.

6.



1. Imagine your self as any kind of spirit or natural energy force.
2. Imagine how you would help Mother Earth as this spirit or natural energy force.
3. Write down 5 rules to help guide other spirits or natural energy forces.

7.





Treat

8. And The Big Bang!



1. Imagine your self as a creator of all solar systems and you were in charge of placing each system in a universal spiral.
2. Create a cosmic space map and plot each system any way you want, and using any colors you want.
3. Create a name for each system using words or with numbers.
4. Create any kind of advertisement to get visitors to travel to your solar systems using funny animated video or social media pics.
5. Post your creations on your favorite channels.



Got questions?

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