

## HABITS THAT CAN HELP TO MAKE YOU SMARTER



**Summary:** *Have you ever wanted to put some good habits to use in the hope that they would make you smarter? Well, we have the perfect daily habits for you in this post.*

Believe it or not, we can continue to get smarter as we get older. Our smarts are not limited to what we are born with in life. In fact, there are a couple of things we can do on a daily basis that can make us smarter. We will discuss them in this post.

### **Write Down Anything You Learn**

One of the best things you can do is write down what you learn. You do not have to do it multiple times throughout the day, but at least once per day will help you become smarter. It is best to write down what you learn in 400 words in order to ingrain it into your brain.

### **Manage Your Time Online**

The next habit you need to get into is managing your time online much better. When you are taking breaks and browsing the internet, you should be taking part in online courses, watching TED talks or using vocabulary-building tools. You can make time for these items by checking your social networks less.

### **Create a 'Completed' List**

An excellent way to become smarter is by creating a completed list. When we create to-do lists, we tend to become depressed or stressed. Instead, create a list of items you have already accomplished. This will help to boost your morale and confidence in life.

### **Hang With Smart People**

Surround yourself with smart people, even if you feel they will talk circles around you. When you hang out with people who are smarter than you, it helps you to learn much quicker. When you do this it shows others you have a willingness to learn.

### **Play Games**

Complete puzzles and play board games for more than just fun. These games will help to increase your brain power, especially when you do not need help from a book or someone sitting next to you.

### **Read, Read, Read**

Read as much as you can. No matter what you can get your hands on, read it. Whether this includes the daily newspaper, fiction or nonfiction reading is very important to your brain development.

### **Take on New Challenges**

Trying new things might help you down the road in life. The more [new challenges](#) you take on, the smarter you will be, especially when you can reference those new challenges in something you are doing right now.

### **Explain Things to Others**

When you are able to explain something simply to other people, it means that you thoroughly understand it.

### **Enjoy Downtime**

One of the best ways to empower your brain is to sit in silence at least once per day. This will help your brain process what it has learned.

### **Study New Language**

You do not need to learn a new language in record time. Instead, study a new language because it will help your brain develop.

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