

21 Things You Can Do To Think Better, Be More Productive and Age Smarter

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We all want to live long, productive lives but sometimes we get so wrapped up in the business of everyday life that we put our health, our Physical Plane, on the back burner. Instead of ignoring our health, let's move it to the forefront of our minds, our Mental Plane, and make some concerted efforts to make healthy lifestyle changes that bring balance and reveal Spiritual Plane abundance.

Here are 21 things you can add to your everyday life to improve your Mental Plane brain health. A healthy brain will make good decisions which lead to having a healthy body. Mastering your Mental and Physical Planes quickly reveals your abundant Spiritual Plane and that is what I call LIVING IN THE NOW.

Aim for doing at least one focused thing each day to create your new NOW.

Don't make it complicated; all it entails is making time for yourself to do something enjoyable.

Self-care first creates your new NOW where everything is as it should be.

1. Learn something new. Your brain was meant to learn new things and challenging your Mental Plane makes it grow. So, start those piano lessons you always wanted as a child, learn a foreign language, or join one of our self-care courses explained over at www.ZitoProHealth.com.

2. Get out of your comfort zone. Your comfort zone is a safe place that allows your Mental Plane brain to produce dopamine, which makes you feel happy. Taking on new activities and doing something that makes you *nervous* is what keeps your brain growing. You'll also feel a sense of accomplishment and a boost of self-esteem when you complete that new task.

3. Meditate. Silencing your Mental Plane brain regularly allows grey matter to increase in the regions of the brain that control memory, focused attention, and deep thought. This same meditation also quiets the parts of the brain associated with depression, anxiety, and anger which keeps that Mental Plane endless chatter influencing your Physical Plane perspectives of your NOW.

4. Read daily. Different parts of your brain work together to decipher the text and this process heightens brain connectivity. You also improve your focus and concentration as well as spark your imagination.

5. Sleep more. The brain needs sleep to consolidate learning and memory. Sleep also boosts Mental Plane productivity and improves concentration for your Physical Plane day-to-day activities.

6. Exercise daily. Exercising every day increases the blood flow to the brain, which increases Mental Plane brain cell production. Intense exercising, such as running, produces more dopamine, which has an effect similar to that of antidepressants. Amazingly, the [brain can make new neural pathways and connections](#), and exercise helps that process.

7. Eat whole foods. With the onslaught of GMOs, preservatives, and pesticide use, finding organic whole foods and ditching packaged foods will do wonders for improving your brain function. Lowering your intake of processed carbs will also help alleviate your Mental Plane “brain fog.”

8. Foster your relationships with family and friends. Loneliness is a real problem, especially among older adults whose children have moved out of the home. Elderly patients in nursing homes also experience some depression and anxiety if they don't see regular visitors. Socialize in person when possible or spend at least 10 minutes a day in conversation to alleviate that lonely feeling.

9. Journaling. Keeping a journal teaches you how to prioritize your tasks and clarify your thinking but it also relieves anxiety. [Judy Willis MD](#), a neurologist, and former classroom teacher explains, “The practice of writing can enhance the brain's intake, processing, retaining, and retrieving of information... it promotes the brain's attentive focus ... boosts long-term memory, illuminates patterns, gives the brain time for reflection, and when well-guided, is a source of conceptual development and stimulus of the brain's highest cognition.” This is self-care and Mental Plane mastery, Champion!

10. Unplug from electronics. Hard to do in this technological world but silence is a good way to refocus your Mental Plane to live in the NOW. The blue light that emanates from these devices also adversely affects the quality of your Physical Plane sleep.

11. Eliminate sugar from your diet. Experts say sugar has the same level of addictive qualities as heroin. High sugar levels consumed daily adversely affect your blood sugar, insulin resistance, and the production of neurons in the brain. It is the subtle chaos in both the Mental and Physical Plane.

12. Enjoy nature. Escape the big city or your stressful job and head toward a park, walking trail, or lake to reconnect with nature. If weather permits, take your shoes off and put your feet directly on the earth to feel grounded. Many people say this helps melt away their stress, along with taking in many slow, deep breaths of fresh air.

13. Go on an adventure. Turn off the GPS and drive on new-to-you roads. Explore the countryside, visit quaint antique shops, and grab lunch at a hole-in-the-wall diner. Getting out of your comfort zone helps your Mental Plane expand on all levels. Turn off the GPS and you'll exercise your brain by relying on your sense of direction, staying focused and alert.

14. Find joy. In the hustle and bustle of everyday life, so often we lose track of our joyous moments or those hobbies or activities that bring us comfort and joy. It's time to disconnect from our work and find time to relax and find joy once again. Revisit an old hobby, join a local sports club, become a member of a charitable organization and join our private Facebook group by going here:

www.facebook.com/groups/LivingInTheNowChampions

15. Reconnect with your faith. Believing in a higher power can help alleviate anxiety attacks, help you achieve a Mental Plane optimistic outlook on life, and can help you cope with issues and any medical problems more calmly. Socializing with others in your religious community also fosters a sense of belonging, can be a resource and quickly can combat loneliness.

16. Play mind games. Sudoku, crossword puzzles, logic puzzles, and jumble puzzles all help work the brain to keep it sharp. Even doing simple math problems in your head helps improve cognitive function.

17. Listen to white noise. If you need help relaxing more or getting better sleep, try using a white noise machine. White noise blocks out background noise help to de-stress and helps you reach deeper meditation and sleep levels. The better your meditation and sleep, the more rested you'll feel, ready to face your day with full energy. Your body believes what your mind tells it. Mental Plane mastery is always a self-care priority.

18. Use time blocking or the Pomodoro method at work. These simple time management tools allow your brain to focus strictly on one task at a time. Multi-tasking only slows down your productivity, so either set aside a block of time or a kitchen timer to focus on one client or a single task. You'll be surprised at how quickly you can finish those tasks simply because you're concentrating more deeply.

I belong to an author group online. We meet each weekday morning at 11:00 EST to hang out around the "coffee cooler" for 15 minutes chatting and then we write for 20 minutes, take a two-minute break, and write for 20 minutes, take a two-minute break and write for 20 more minutes alone, together on Zoom. We use the Pomodoro Method and are quite productive because of making it a priority and being consistent in our writing. Feel free to find my books on my Amazon Author page - [amzn.to/34TTTdM](https://www.amazon.com/author/author-page/34TTTdM) Patricia Jean Smithyman-Zito on Amazon.

19. Play strategic board games. Chess, checkers, and Monopoly aren't just for kids. Strategic board games help your brain fight cognitive decline and improve memory formation. When your brain is engaged, it is strong, and you are powerful. This power makes it more difficult to succumb to Mental Plane diseases and positively influences your Physical Plane living in the NOW experiences.

20. Don't let your age hinder your activities. You're never too old to try new things. [Josefina Monasterio](#) was 59 when she started bodybuilding. Now she's in her 70s and has won hundreds of competition trophies. President George H.W. Bush went [skydiving on his 90th birthday](#). Renowned chef Julia Child was 49 when her first cookbook was published and 51 when her first television show debuted. No dream is too silly or out of reach at any age. I have my old lady in her mid-70s story, too, and my goal is to reach a million hearts with the message that putting self-care first enables living in the NOW, being happy and aware of the moment while you are in it. That is the secret to making each day your best, enabling you to use your gifts to change the world from your abundance.

21. Journal. Now, get my book [Living in the Now: The Secret to Making Each Day Your Best: 40 Days to Deeper Prayer and Greater Self-Awareness](#) for guidance on deep journal work. Purchase the soft copy so you can actually write within the pages of the book.

Get a notebook and start a brainstorming list of all the things you'd love to try. Let your creativity go wild. No idea is too silly or outrageous. When your list is complete, decide which of these things to tackle first and go for it!

Repeat my mantra often:

The **NOW** is all I have.

The **NOW** is all I need.

The **NOW** is all I get, and it is perfect.

Take extraordinarily good care of yourself and I look forward to sharing my **NOW** with you.

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