

frees you and the other person making it easier to move forward.

Learn something new – Challenge your brain by learning a new language, how to cook, paint, do Tai Chi. Pick something you think would be interesting or useful to learn and learn it. If you avoided cooking your whole life, learning the basics will serve your brain very well. According to Hafeez, “the more we can activate the cognitive functions of our brains the better our short and long-term memory and hand-eye coordination will be.”

Plan and prepare more meals at home – Instead of committing to a strict diet, incorporate more home-cooked meals into your repertoire. Research shows that food made at home has less fat, calories, and sugar than meals eaten out, even if you’re not specifically trying to prepare and eat healthier meals.

Set a goal to make one new friend a month – As we get older we tend to get stagnant with our friendships and not reach beyond our formed circles anymore. Make an effort to engage the



person you always see at your spin class or pass everyday in the hallway at your co-working space. Bringing new people into the fold can add spice and variety to your life.

Do something that scares you – Hafeez does not mean putting your life at risk. If public speaking has been a thorn in your side, take a class in it, and they put your lessons to use. If you would love to try snow skiing but have been too timid-

take a lesson. Has the travel bug bit you but you don’t have a companion? Throw a dart at a map and travel (safety first) wherever the dart lands. It does not matter what you do, however big or small as long as you try something previously out of your comfort zone. One completed victory will give rise to another.

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By Cory Soal
R.H.A.D.

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