**Exercise #1: Alphabetize Adventure…in 5 seconds…**

This is one of the best exercises for conditioning the mind to think creatively. Here is how to do it: First, think of any word or see a word on a magazine cover or billboard (preferably six or so letters). Second, stop looking at the word and just picture it in your mind. Then arrange all the letters in your head so they are in alphabetical order. So, for example, take a word like NUMBER. You would spell it as follows: B-E-M-N-R-U. What makes these mental gymnastics so terrifically boosting to your brain is that you’re forced to use all the information—all the letters—and totally rearrange it in your mind. Try this for five minutes a day, three days a week. Increase the number of letters in the words you are alphabetizing as you get more proficient. You’ll notice after a while; your mind will be used to looking at things in a different way and you’ll start coming up with ideas that you’ve never thought of before. Try it on the following words:

* **LIGHT**
* **WASHER**
* **PHONE**
* **BEAUTY**
* **SYRUP**
* **FIGURE**
* **PEANUT**
* **TAMPER**
* **VICTORY**
* **POULTRY**

**Exercise #2: Add Up a Series of One-digit Numbers…FAST!**

Adding up small numbers in your head quickly (4+7+9+3+2+2+8+5+8…) compels you to continually change the information that you are having to work with and remember. As you are adding up the numbers, your grand total constantly changes and to arrive at the next total you have to focus solely on your current total and the next number you are adding. There are very few mental exercises where focus and continually evolving information play such an important part. Which is why this one is so helpful in training the mind to remember essential information while deleting other data or details when they are no longer needed. So, the next time you’re standing in line at the grocery store and you’re tempted to whip out your cell phone and send a text, why don’t you instead whip out a dollar bill and add up the serial numbers as fast as possible! Let us get started

* **(4+3+7+3+8+2+6+5)**
* **(8+5+2+3+1+4+7+5)**
* **(6+3+2+1+5+4+5+5)**
* **(4+6+3+3+8+2+3+8)**
* **(9+8+7+6+4+2+6+5)**