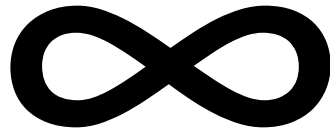


EXERCISE 7: 'JUMP START' YOUR BRAIN



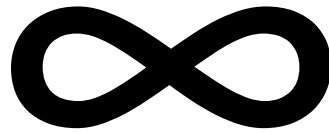
The infinity symbol exercise.

This exercise is designed to stimulate both the left and right hemispheres of your brain.

When we stimulate both hemispheres together the brain makes new connections and pathways. This is called neuroplasticity and the following exercise if practiced will literally 'jump start' your brain.

So, let's get going. Using your usual writing hand, use a pen or pencil to trace over the infinity symbol above. Practice a few times.

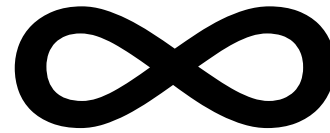
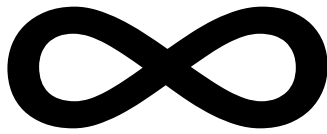
When you feel like you have the 'knack' of it practice below with your pen and fill the sheet.



NOW place the pen(or pencil) in your other hand.

The exercise is now to fill this sheet with the infinity symbol using your other(non preferred hand.

It will be a little awkward to begin with, but persevere and it will get easier.



In this final part of the exercise, put a pen or pencil in BOTH hands.

Now, at the same time, side by side, draw both infinity symbols at the same time.

You are now stimulating both the Right and Left brain hemispheres to enable better neuroplasticity.

NOTE: Try not to do this by each hand moving in the same direction. Try opposite directions and different starting points.

