

MotorBrains

Instant Gratification Inspiration

You know you should get to work. But for whatever reason, you just can't concentrate. Here are two quick games to play - whether you're a visual or verbal person - that will grease the mechanics of your brain and improve your focus.

Grab a pen or pencil and a blank sheet of paper. Draw 20 circles - large enough so that you can write inside of them.

Now, as fast as you can, fill each circle with names of things that are round. Onion rings, fish mouths, donuts - work as fast as you can!

Want more? Do the same things with squares, ovals, rectangles - it will really get your braining thinking again.

If you want pure verbal stimulation, grab a blank sheet of paper and your pen. Think of any letter of the alphabet. Again, as fast as you can, record as many words that begin with that letter - layer the challenge with the requirement that the words have to be longer than 7 letters.

For example, if you choose "P", list out 20 words with an excess of 7 letters: perspicacious, perserverate, pronounce ... you get the idea.

These simple exercises shift your mode of thinking, and are amazing to get your mind back to work -- have fun!