



ODISEE

FINDING YOUR PURPOSE IS OURS

MENTALLY FIT TOOL KIT



Created by Odisee founder Joshua Janis

Take Action

How do you get in better mental shape? Work out your brain with one or all of the below exercises. Want more detail, let me be of service. Here is my personal email Joshua@myodisee.com and my business cell if you want an immediate response 414-334-0114.

Strengthen the Mind - Challenge Your Brain



Mindfulness practice is extremely important to developing mental strength. It is one of those “You don’t know what you don’t know” types of exercises. There is no way to do a before and after photo of someone who regularly practices mindfulness but I promise it would be impressive. I find a lot of people tell me that mindfulness is hard or that they are bad at it. Here is my solution to that:



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Start with being mindful during daily routines like brushing your teeth, doing the dishes, or exercising on a treadmill. How? Take time to focus on the normally mundane task. If you are doing the dishes, feel the warmth of the water, the bubbles, the stickiness of a pan. Soak in all of the things you would normally miss and use these as a beginning to learning how to live in the moment.

Breathing Beauty



Deep breathing is a lightly physical but deeply mental practice. I try to deep breath or belly breath at least once a day. While there are a lot of different techniques, I use the Wim Hof Method. Check out this link for all the details.

<https://youtu.be/gKgUE76udK4>

If you have questions on it, remember my personal email and cell number is on this document.

Non-dominant hand

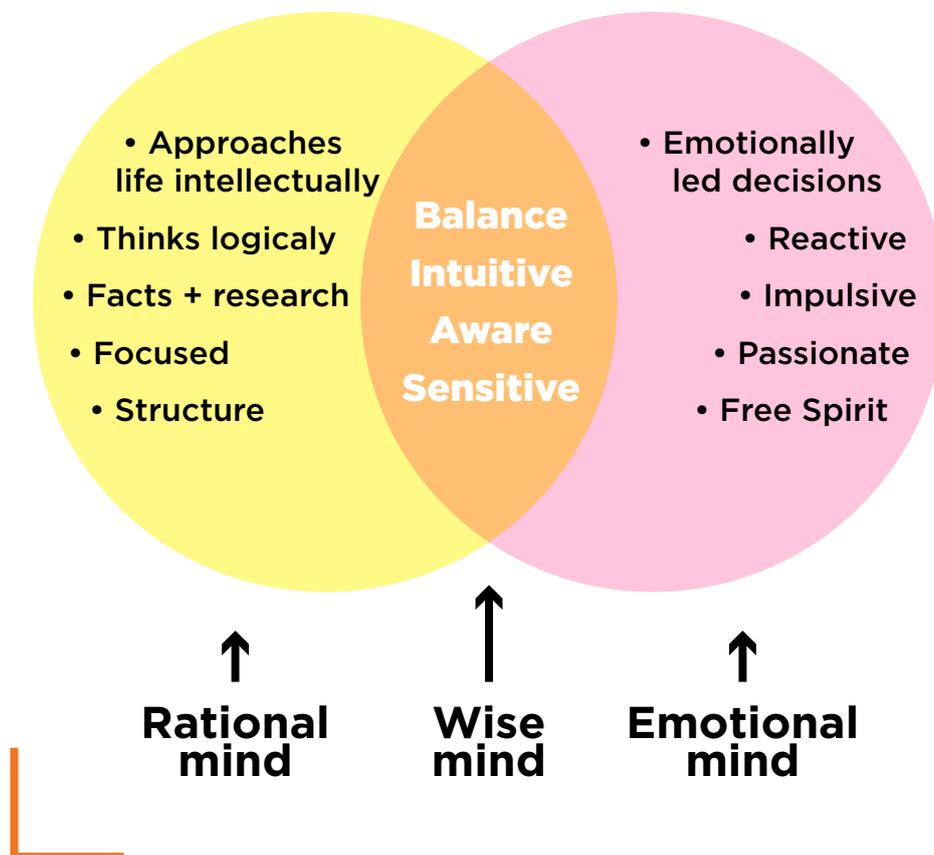


Using your opposite hand is super challenging and is a very simple way to increase brain activity. Try switching your hand when eating dinner or when you are trying to write something down. Take a second to reflect on how much harder that task is.

When we begin new things it often feels strange or clumsy and we may judge this as bad. It's really just how new things feel and it's more helpful to be non-judgmental

A wise eye for the emotional guy

THE WISE MIND



Everybody talks about how people can get overly emotional. Did you know that you can similarly get over logical? The workout here is to recognize when you are living outside your wise mind. Getting to that point takes a lot of mental workouts however.

The Dr. Lazarus technique

This next exercise is particularly effective when your mind is going 100 mph. When this happens it can be hard to think wisely. Here is a trick I use with clients that works wonders.

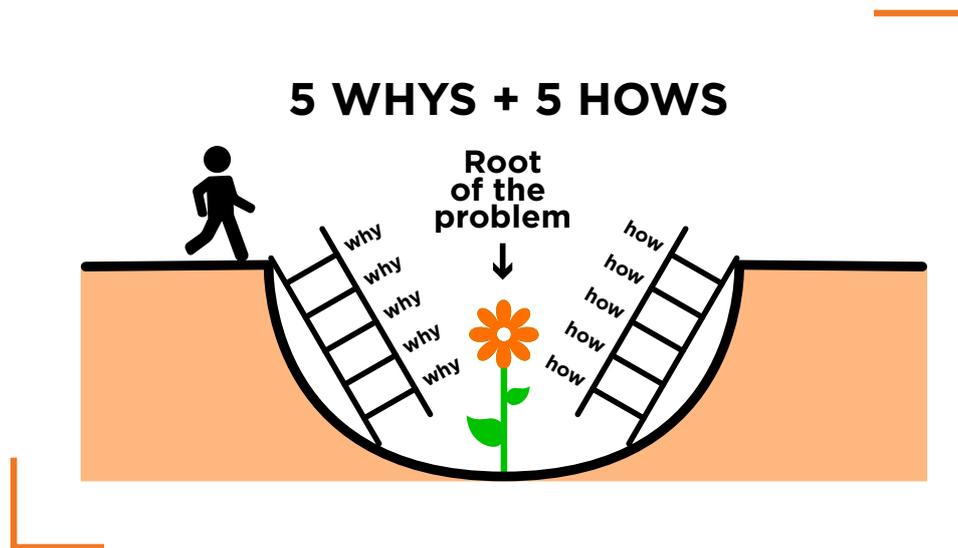


It is near impossible to get a complete full body workout from one exercise. We have developed specific exercises for specific body parts for this very reason. The same applies for your mind. If it is racing and perhaps overly emotional it is going to be hard to accomplish a specific goal.

Find the Root of the problem

One of my favorite techniques I personally use is the 5 whys + 5 hows. Originally the “5 whys” was strictly used in business and assembly lines. Psychologists eventually started applying this technique to help get to the root of peoples problems. I added the “5 hows” to encourage clients to start working towards solutions.

You can see with the image below that with these two simple mental ladder climbs we can get to the root of an issue and end up with simple solutions that put us in a different state of being.



Curious on how this process works in more depth? Click the interactive logo below to email me directly! I would be happy to go through the process with you free of charge!