

Want to become the best version of you? Or at least to begin taking the necessary steps to start being more productive, more creative, happier and more confident?

There are plenty of ways to do that and some of them involve taking a deep look at yourself and discovering who you really are and what you really want from life.

But while this can work, there are also some much more practical and straightforward strategies you can use to keep growing and improving yourself. In this short report, we'll be looking at the five things you should do if you want to keep yourself growing and improving. These are concrete steps that anyone can take but which can't help to improve and develop you over time.

Learn

One of the most important things you can do to keep developing and growing yourself is to learn. That means that you should keep on taking on new challenges, discovering new things and developing new skills and abilities.

Maybe you attend an electronic engineering seminar. Maybe you go to dance classes. Maybe you teach yourself to use a new piece of software to further your career. Or maybe you learn a new language.

Whichever of these options you choose, continuing to learn will help to make your brain more plastic as it produces neurotransmitters associated with the growth and development of neurons and neuronal connections. You'll produce more brain derived neurotrophic factor, more dopamine, more norepinephrine and more. And as a result, you will find *all* new topics easier to learn and your brain will be more similar to that of a much younger person's.

The same is true for the brain as is for the body: you can either grow and improve, or you can atrophy and deteriorate. The body is *always* changing: it is simply up to you whether it changes for the better or for the worse.

And if nothing else, continually learning new things will give you a broader mind, a wider range of experiences and skills to draw upon and a ton of useful knowledge. And the new ideas and concepts that you can come up with as a result of combining experience from many different fields is almost limitless. This is how you become a 'polymath' like Da Vinci, Newton or Elon Musk.

Make time to learn!

Travel

Travelling is incredibly important not only for your happiness and your sense of accomplishment and purpose, but also to make you a more rounded and even a more *decent* human being.

Did you know that people are rated as more tolerant and understanding if they went to college? This has nothing to do with education or background – it is simply that people who have moved away from home have less narrow views and a better understanding of the wider world.

And this is even truer for those people who travel far and wide and mingle with other cultures and see other places for themselves. This broadens your mind and gives you a ‘bigger picture’ view. It can also help you to put things in perspective a little and to realize that many of your troubles and your concerns are actually somewhat petty in comparison to the hunger and poverty you encounter in other parts of the world.

People who have travelled and had adventures will be naturally more interesting to talk to because they’ll have