

■ Intelligence Mind Daily Training Routine

Train your mind like CIA or RAW agents. Spend just 15 minutes daily sharpening your observation, emotional control, and critical thinking.

Time	Activity	Goal
5 mins	Observation Training – The Silent Watcher	Sharpen awareness & notice hidden details
5 mins	Emotional Control – Box Breathing	Stay calm under pressure
5 mins	Critical Thinking – Question the Obvious	Strengthen logic & skepticism

■ Weekly Add-On Challenges

Day	Challenge	Purpose
Monday	Read 3 pages of psychology/strategy	Expand knowledge
Tuesday	Stay silent for 1 hour observing people	Build patience
Wednesday	Spot hidden bias in news	Strengthen critical thinking
Thursday	Memorize 10 new facts or words	Improve recall
Friday	Write thoughts without emotion	Increase self-awareness
Saturday	Debate yourself on a topic	Practice perspective shifting
Sunday	Reflect on your week	Strengthen mental clarity

■ Night Reflection (2 Minutes)

- What did I observe today that others missed?
- Did I stay calm when things got stressful?
- Did I make any quick judgments without checking facts?