



Resources – Mind gardening

- <https://www.thegoodlifecentre.co.uk/10-reasons-to-learn-something-new-everyday/>
- <https://www.dailyinfographic.com/blog/how-to-learn-something-new-everyday>
- <https://www.healthnavigator.org.nz/healthy-living/l/learning-new-things-the-benefits/>
- <https://firsthand.co/blogs/job-search/benefits-of-learning-new-skills>
- <https://www.infodepot.com/blog/a-complete-brain-workout-18-ways-to-learn-something-new-every-day/>
- <https://zapier.com/blog/learning-new-skills/>
- <https://www.npr.org/2021/10/30/1049098913/learning-new-skills-tips?t=1644266428148>
- <https://www.brainfit.world/10-tips-learning/>



- <https://medium.com/mind-cafe/how-to-cultivate-your-mind-garden-d193a7a481a6>
- https://www.youtube.com/watch?v=kKgvgzpM_sA
- <https://nesslabs.com/mind-garden>

Music

- https://www.youtube.com/watch?v=M_pf0i8FMGI