

1. Plan to take a week off from what you have been doing



2. After a week, try using only one hand



3. After that works, do it again after only 2-3 days



4. Then do it more often as your confidence builds



5. When you've been able to do it every day for a month, you are ready to move on to letting someone else help you



6. You're apt to notice a difference in your strength after about 3 months

