

Executive Functions of the Human Brain

Our self-management skills and thinking skills

Start	Begin	Define goals, Set goals	Get started	Find best learning methods
	Plan	Develop a plan	Initiate tasks / actions	Future-based thinking
Dive In	Observe self & surroundings	Strategize; Create a Strategy / a Methodology	Develop a systematic approach	Metacognition: thinking about thinking
	Organize, Prioritize	Set schedules	Define individual steps	Anticipate obstacles
Stay the Course	Focus; Stay focused	Pay attention	Resist distractions	Handle frustration
	Control emotions and impulses	Self-control / self-regulation	Sustained effort and attention	Manage stress and anxiety
The Core	Remember instructions	Follow directions	Comprehend material read	Manage time
	Monitor self, success / failure	Remember details	Retain complex information	Working memory
	Stay organized	Assess and Track progress vs time	Don't lose important things	Analyze information
	New ideas Creative thinking	Anticipate Consequences	Solve problems, Novel solutions	Make decisions
	Mental and Social flexibility	Task switching: Plan A to Plan B	Multi-tasking	Adaptable thinking
	Execute a plan	Self-advocate	See others' points of view	Maintain relationships
Finish	Follow through	Complete assignments	Complete long-term projects	Meet deadlines
	Get things done	Deliver on time	Demonstrate your values	Communicate to others
	Understand cause and effect	Review and Reflect	Link past-present-future	Learn from mistakes
	Evaluate performance	Achieve goals	Succeed	Win