

8 KEY COMPONENTS OF EXECUTIVE FUNCTIONS

WORKING MEMORY



WORKING MEMORY IS LIKE THE BRAIN'S NOTEPAD. IT HELPS US HOLD AND MANIPULATE INFORMATION IN OUR MINDS WHILE PERFORMING TASKS, ALLOWING US TO REMEMBER AND USE INFORMATION IN THE SHORT TERM.

INHIBITION



INHIBITION IS THE SUPERHERO POWER THAT HELPS US CONTROL IMPULSES AND RESIST DISTRACTIONS. IT ENABLES US TO STAY FOCUSED ON A TASK AND AVOID GETTING SIDETRACKED BY IRRELEVANT INFORMATION OR URGES.

COGNITIVE FLEXIBILITY



THINK OF COGNITIVE FLEXIBILITY AS MENTAL GYMNASTICS. IT'S THE ABILITY TO ADAPT AND SWITCH BETWEEN DIFFERENT TASKS OR MENTAL PROCESSES, ALLOWING US TO NAVIGATE CHANGING SITUATIONS WITH EASE.

INITIATION



INITIATION IS THE KICKSTART POWER. IT INVOLVES THE ABILITY TO START TASKS WITHOUT PROCRASTINATION, OVERCOMING THE RESISTANCE TO BEGIN AN ACTIVITY AND GETTING THINGS GOING.

PLANNING AND ORGANIZATION



THIS IS THE BRAIN'S ARCHITECT. IT INVOLVES CREATING A ROADMAP FOR ACHIEVING GOALS, FORESEEING STEPS, & ARRANGING TASKS IN A LOGICAL ORDER. IT'S LIKE HAVING A SYSTEMATIC APPROACH TO MANAGING TASKS.

ORGANIZATION OF MATERIALS



ORGANIZATION OF MATERIALS IS THE SKILL OF KEEPING PHYSICAL AND DIGITAL SPACES IN ORDER. IT INVOLVES ARRANGING BELONGINGS SYSTEMATICALLY, MAINTAINING ORDER, AND ENSURING EFFICIENT ACCESS TO RESOURCES.

TIME MANAGEMENT



TIME MANAGEMENT IS THE SUPERHERO'S WATCH. IT INVOLVES ESTIMATING, ALLOCATING, AND MONITORING TIME EFFECTIVELY. THIS POWER HELPS IN PRIORITIZING TASKS, SETTING DEADLINES, AND MAINTAINING A SENSE OF PACE.

EMOTIONAL CONTROL



EMOTIONAL CONTROL IS THE SUPERHERO'S EMOTIONAL SHIELD. IT INVOLVES MANAGING EMOTIONS AND REGULATING REACTIONS TO VARIOUS SITUATIONS. IT HELPS MAKING DECISIONS BASED ON REASON RATHER THAN EMOTIONAL IMPULSES.