

how to fulfill your mental potential

It's a long road, but totally worth it.



get used to looking at yourself

It's easy to freak out when asked to reflect on your strengths and weaknesses, but getting comfortable with accurate self appraisal is critical to enabling new mental processes that are likely to lead to success.



full prefrontal first: learn about learning

You'll take to this naturally if you like to learn! Understanding how your individual mental habits link to real life outcomes allows you to create new mental frameworks for optimal functioning.

TIP:
shift from "I can't"
to "I can and I will"



make ExQ your side game

Changing cognitive habits takes time and practice. To be ultra-productive, train your brain with ExQ games every week for 20 minutes. In no time, you'll have stronger building blocks for increasing your processing potential and higher motivation!



strengthen your adaptive edge: learn from your mistakes

Stay focused on targeted ExQ training exercises. Learn from personalized feedback during ExQ error analysis and strategy scores. Soon you'll be observing your brain thinking about thinking and predicting corrective strategies for growth.



have fun learning

At first it might seem like a lot of drudgery to master your executive functions, to understand why you do what you do. But once you start seeing how stronger mental habits help you achieve your goals you'll enjoy greater processing potential and new independence!



don't be afraid to talk with others: be open

Yes, it's natural to feel hesitation to talk about something as personal as your brain, but be brave! It's a bold move but change is possible!



practice every day (or make it a habit)

If you don't use it, you lose it! The easiest way to see Executive Function progress is to practice it every day. You'll eventually gain confidence and achieve your personal goals for expanding your abilities to build reciprocal and resilient relationships.



Infinite know how
for school