



Executive Functioning: Your Brain's Boss

The way of the goal-setter (go-getter): **START NOW • STAY ON TASK • FINISH STRONG**

Task Initiation (Getting Started)

Stop what you're doing and begin the new task now.

1

#BusinessofMe

Response Inhibition (Impulse Control)

Pause before you act. Choose what helps your goal.

2

#growingmybusiness

Focus (Attention Control)

Keep your mind on the task. Ignore distractions.

3

#lockin

Time Management

Know how long things take. Plan your steps. Don't delay.

4

“Every move is a calculated step.”

Working Memory (Hold & Use Info)

Hold information in your head long enough to use it.

5

#myancestry

Flexibility (Switch It Up)

When things change, you can change too. Try a new way.

6

#growthmindset

Self-Regulation (Self-Check)

Notice what you're doing and adjust as needed.

7

#anticrashout

Emotional Self-Control (Feelings Coach)

Name your feelings and manage them so they don't run the show.

8

#makethebestplay

Task Completion (Follow-Through)

Stick with the work until you finish it well.

9

#betterversion

Organization (Track Your Stuff)

Keep track of your things and steps. Keep your space neat.

10

#thescienceandpracticality

Why These Skills Matter

Strong boss skills make school and life easier. You plan better, feel calmer, and finish more of what you start. The more you practice, the stronger your brain's control center gets.

Plan Better

Feel Calmer

Finish More

Executive Function

Read • Repeat • Practice • Share

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“Build executive function.
Build Resilience.”