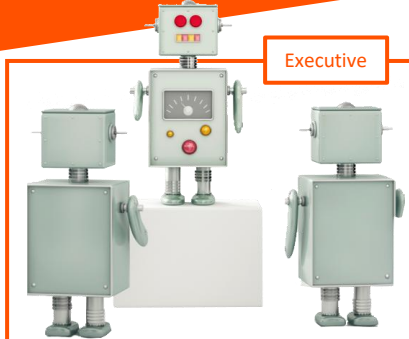


Psychology of Performance

Executive Self-Activation

Cheat Sheet

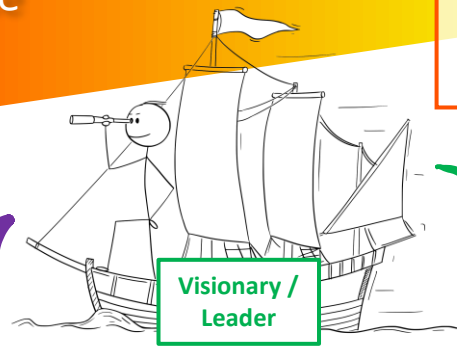


Executive

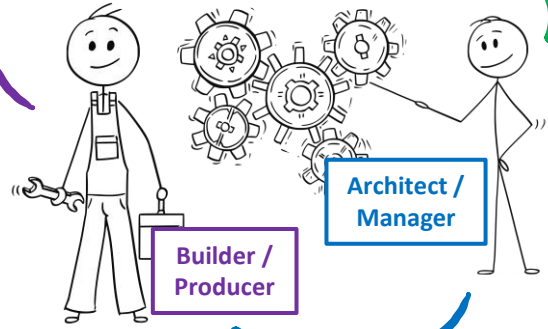
Adjective
Relating to or having the **power** to put plans or **actions into effect**.

Noun
An executive is a **powerful** person who is **responsible** for making things **run smoothly**.

Executive Function (Neuroscience):
A set of cognitive processes that support **goal-directed behavior**, by regulating thoughts and actions through cognitive control, **selecting** and successfully monitoring **actions that facilitate** the attainment of **chosen objectives**.



Visionary / Leader



Architect / Manager

Builder / Producer



Your Inner Characters have Feelings & Needs Strengths & Weaknesses

(they might even have blocks, obstacles or trauma)

One of them probably feels most **NATURAL** or even **DOMINANT**

(that's your super-power!)



Learn to **SHIFT FULLY** into **ONE** character at a time

(the best character for the situation)



Help your characters communicate with each other to build healthy internal relationship

(YOU are the GLUE)

Your Inner Creative Team

Inner Visionary / Leader: Creates the **vision, direction, and strategy**

Inner Architect / Manager: Creates the **solutions, plans, and guidelines**

Inner Builder / Producer: Creates the **details, form, and manifestation**

