

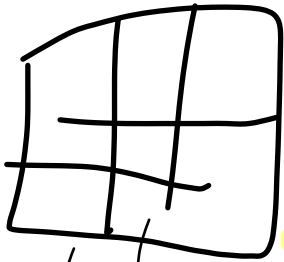
Your Brain at Work.

Brain

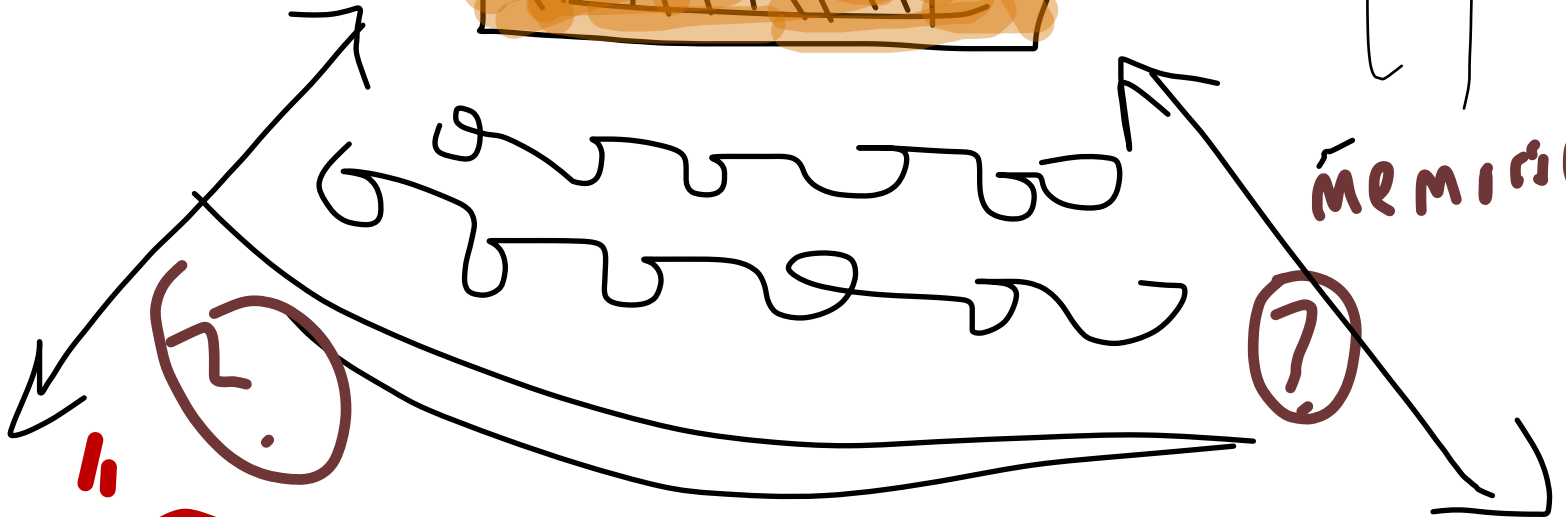


PRE-FRONTAL CORTEX

oh lol



memories



"A Small Stage"



SLOW DOWN



Clear your mind

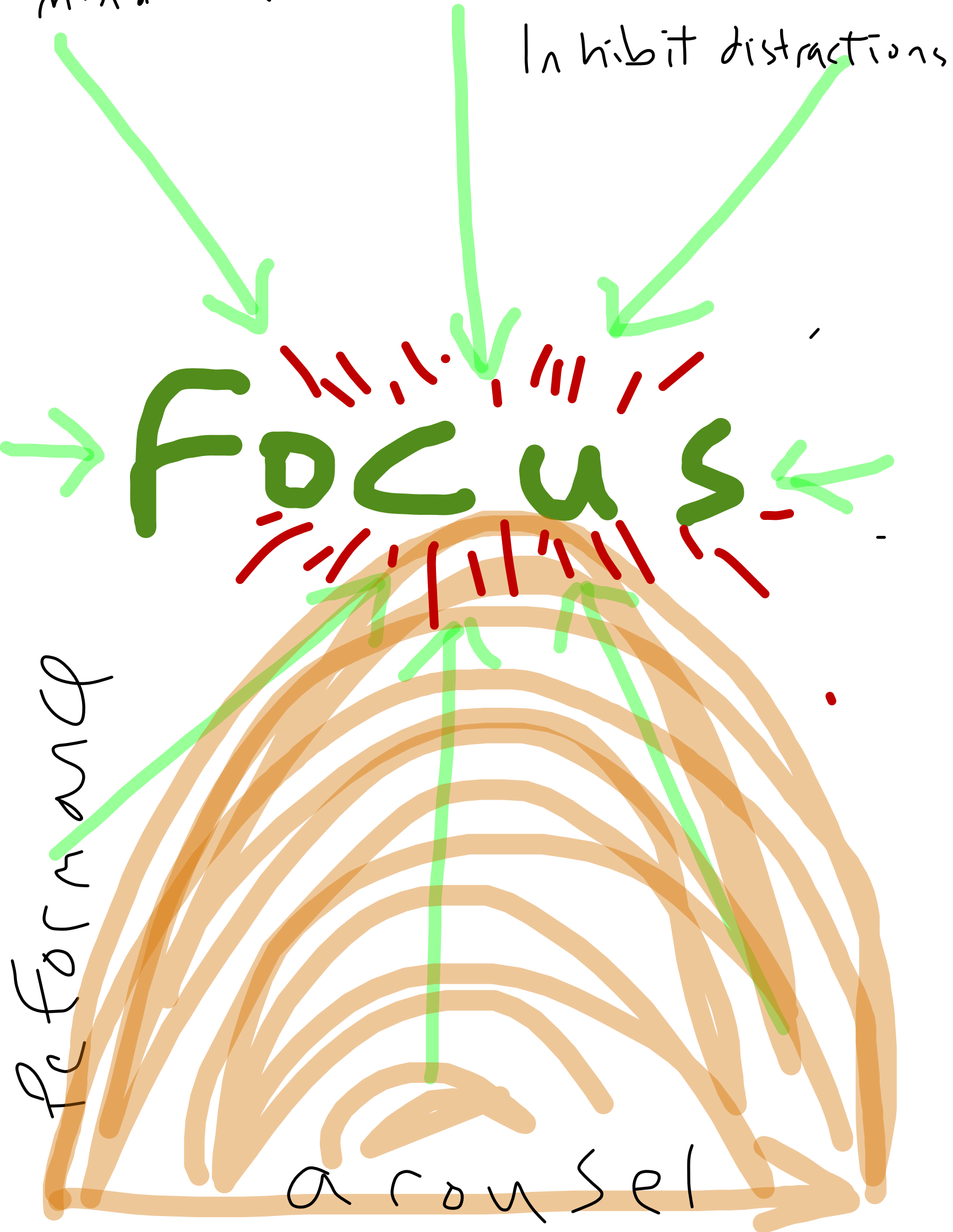
Remove Distractions

Inhibit distractions

Focus

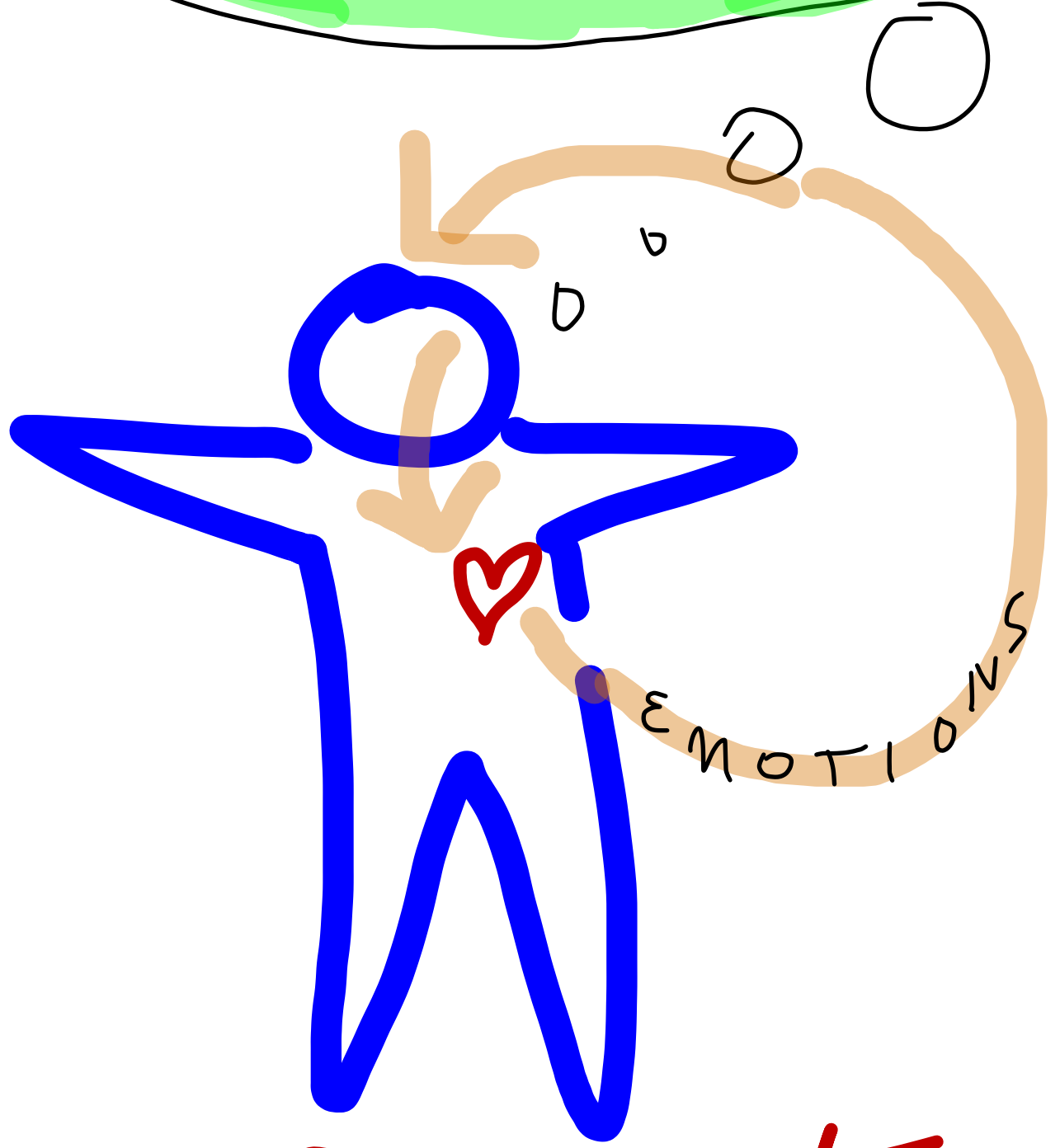
Performance

arcus set



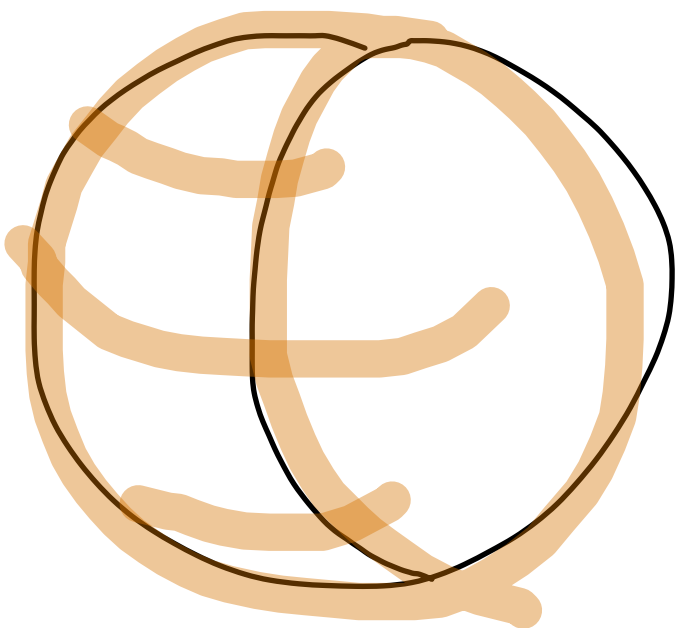
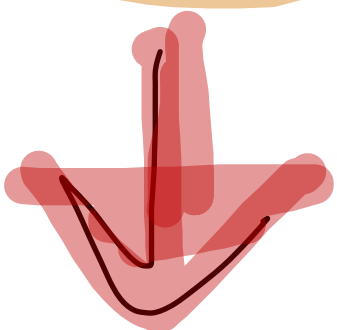
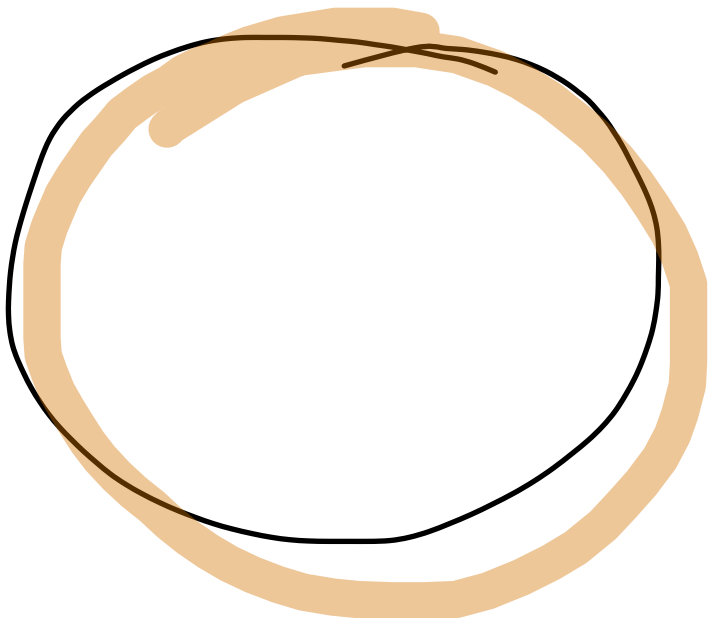
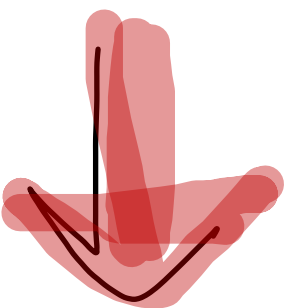


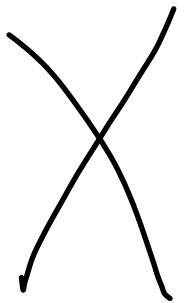
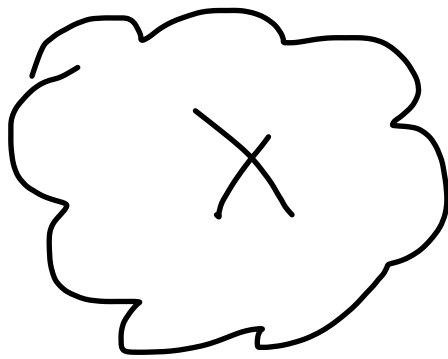
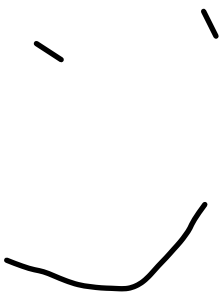
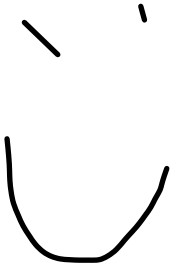
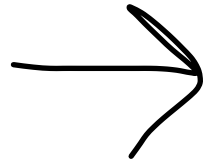
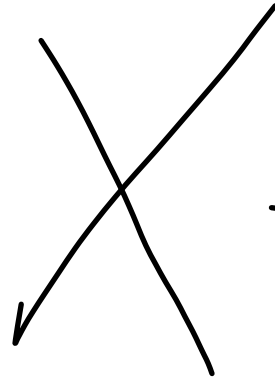
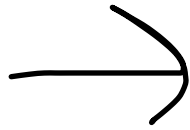
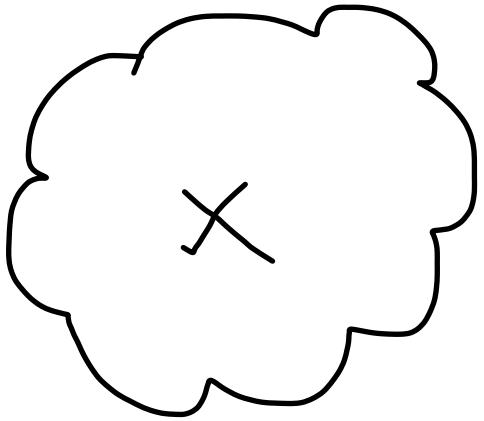
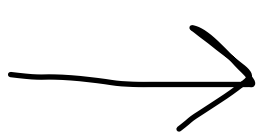
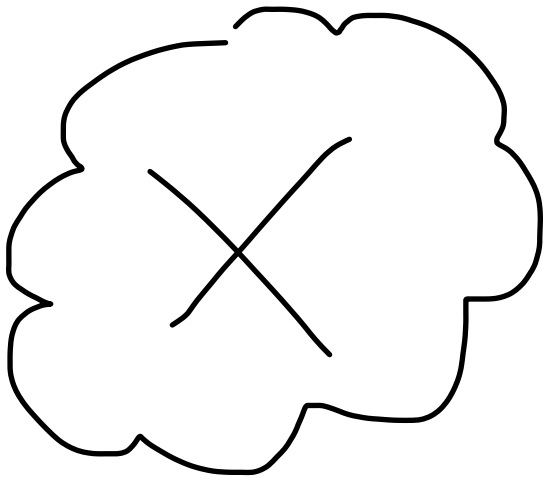
Mindfulness



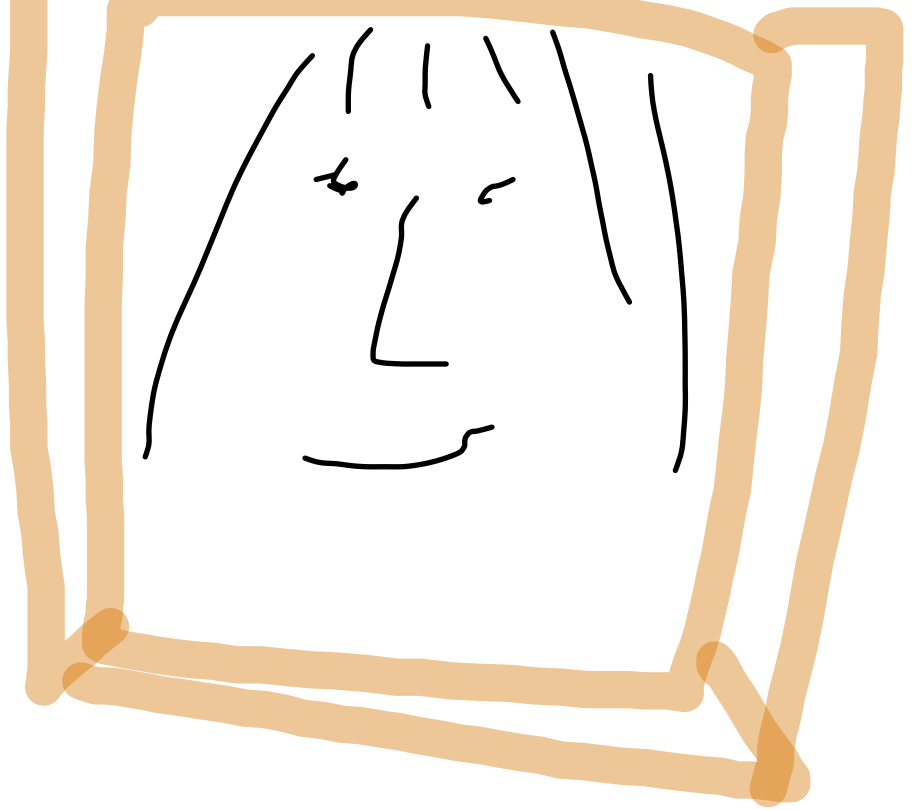
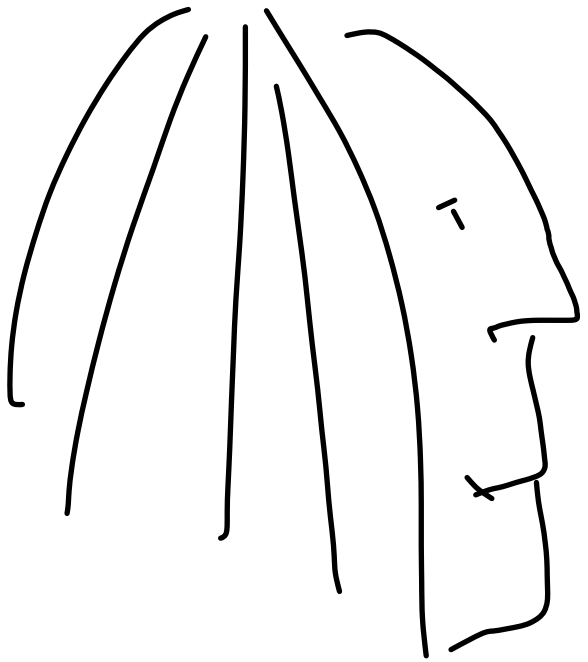
The Director

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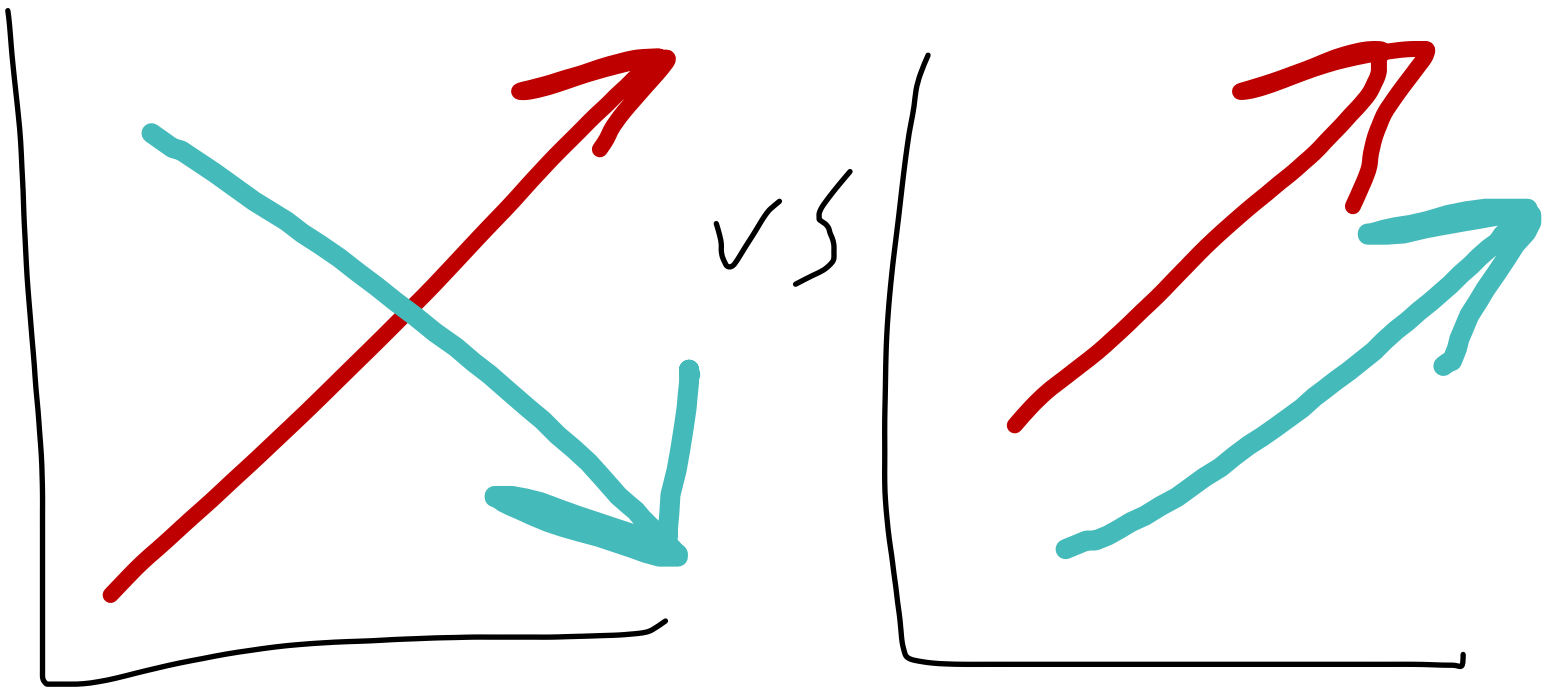
EXPECTATIONS



Friend or Foe?



Fairness?

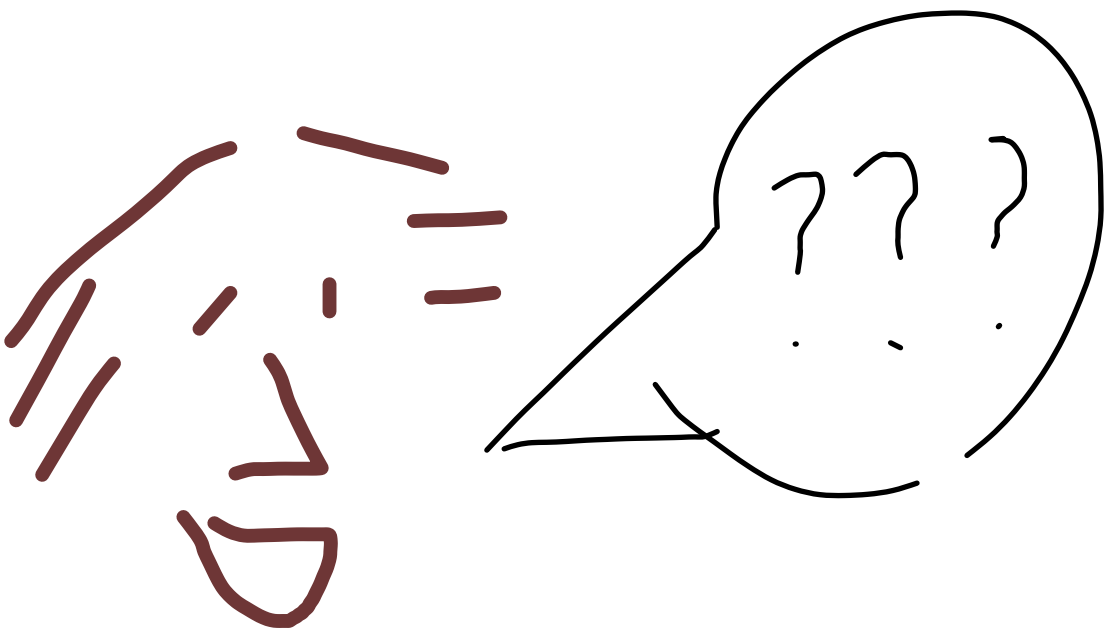


STRIATUM





vs.



Feedback

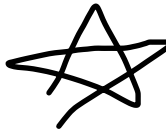
①

I'm Feeling SAFE now



②

"Real change requires repetition"



③

