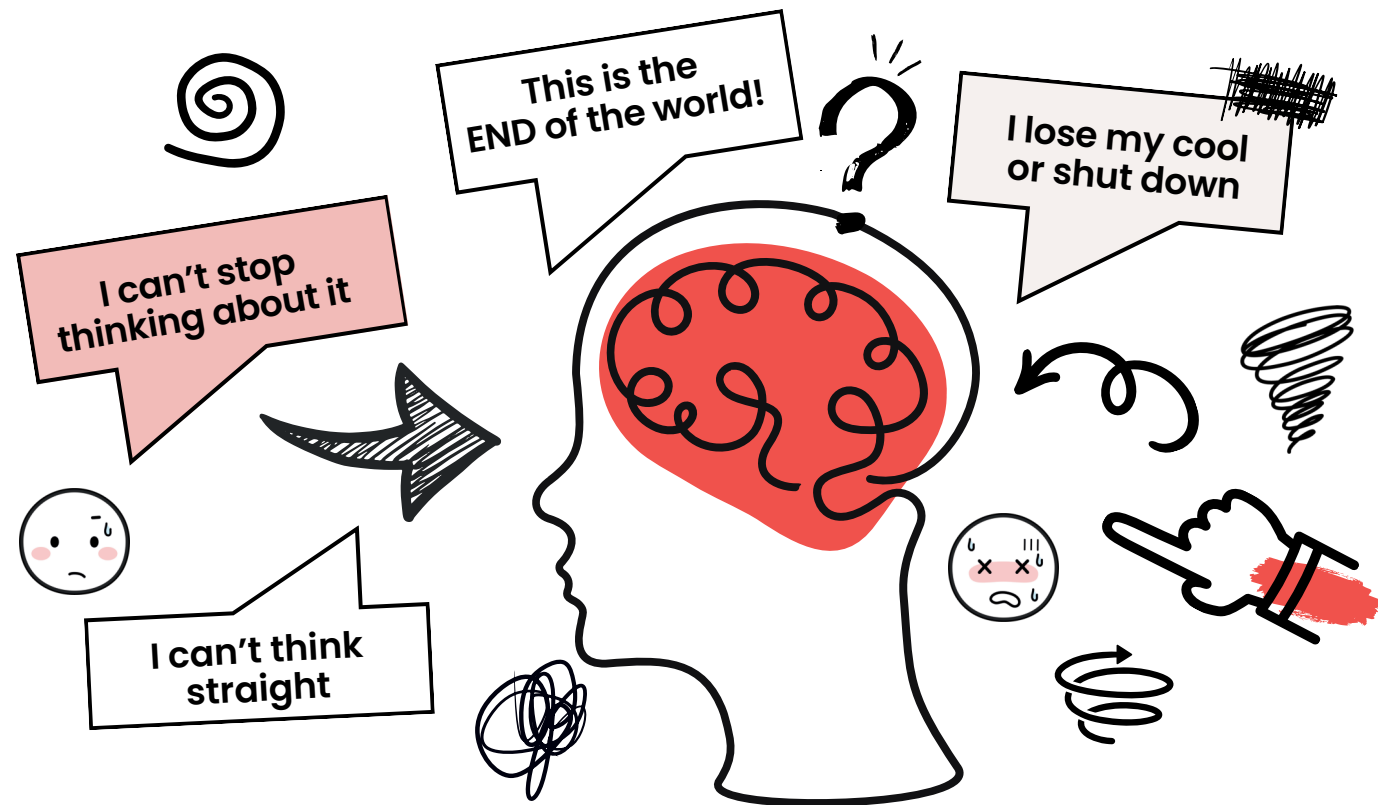


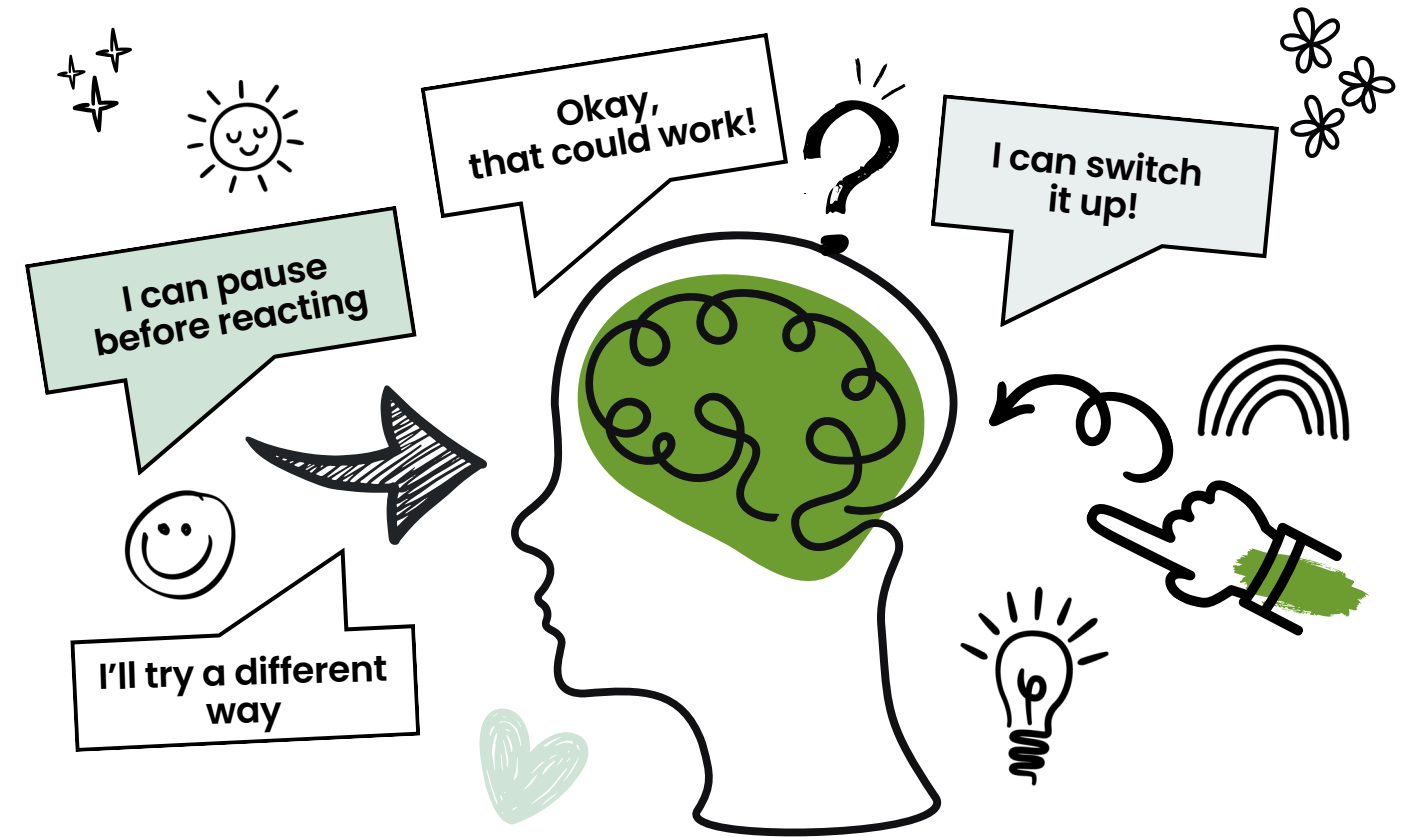
# STUCK BRAIN

VS.

# FLEXIBLE BRAIN



**✗ A stuck brain says, "I can't."**



**✓ A flexible brain says, "I'll find a way."**

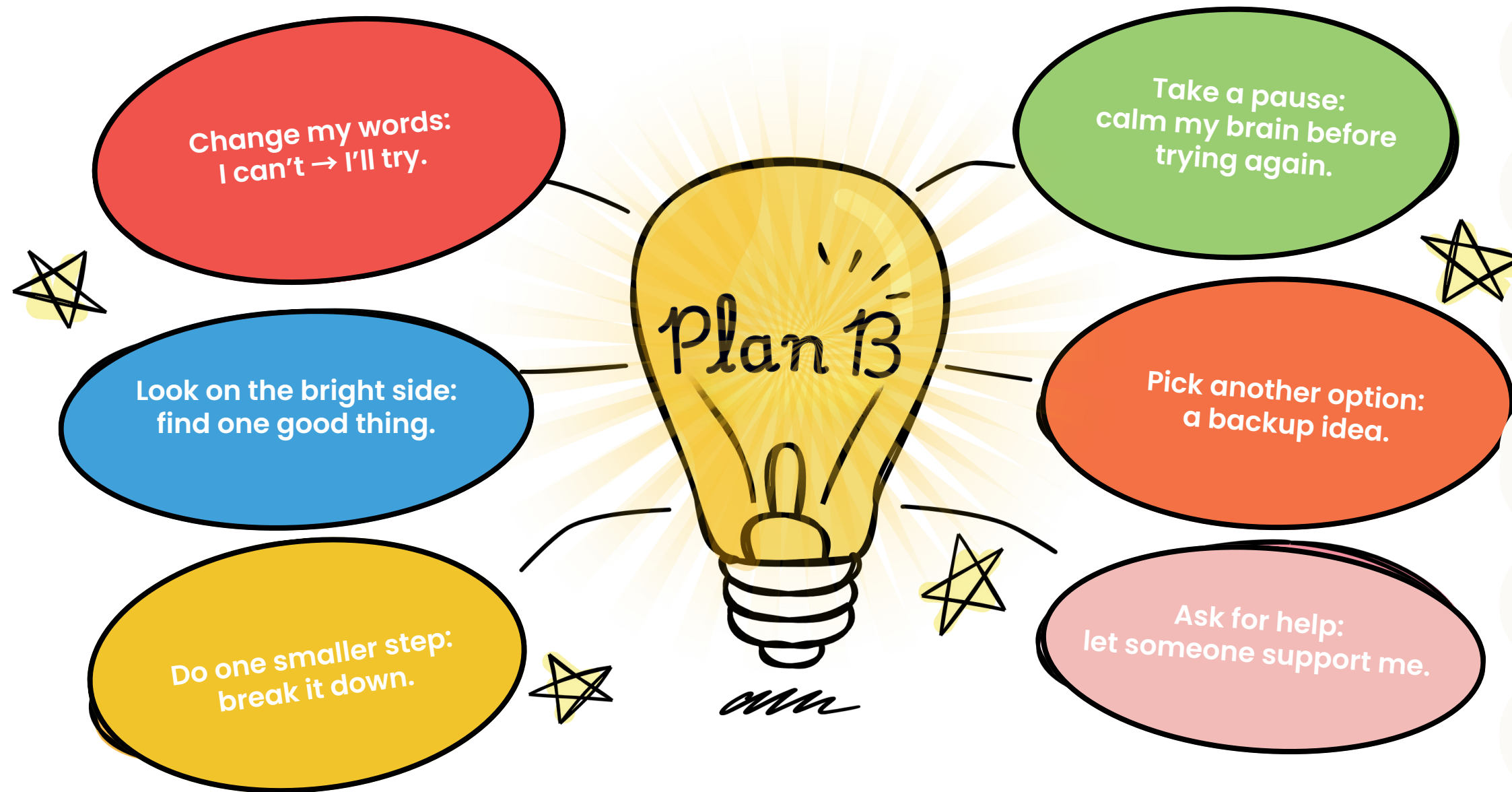
## WHY IT MATTERS:

- ☀ A stuck brain gets overwhelmed and shuts down.
- ☀ A flexible brain pauses, problem solves, and finds new solutions

**WITH PRACTICE, ANYONE CAN TRAIN THEIR BRAIN TO BE MORE FLEXIBLE!**

# MY "PLAN B" IDEAS

When Plan A doesn't work, I can...



PLAN B ISN'T GIVING UP. IT'S FINDING ANOTHER WAY FORWARD.

Create Your Own  
"Plan B" Ideas:

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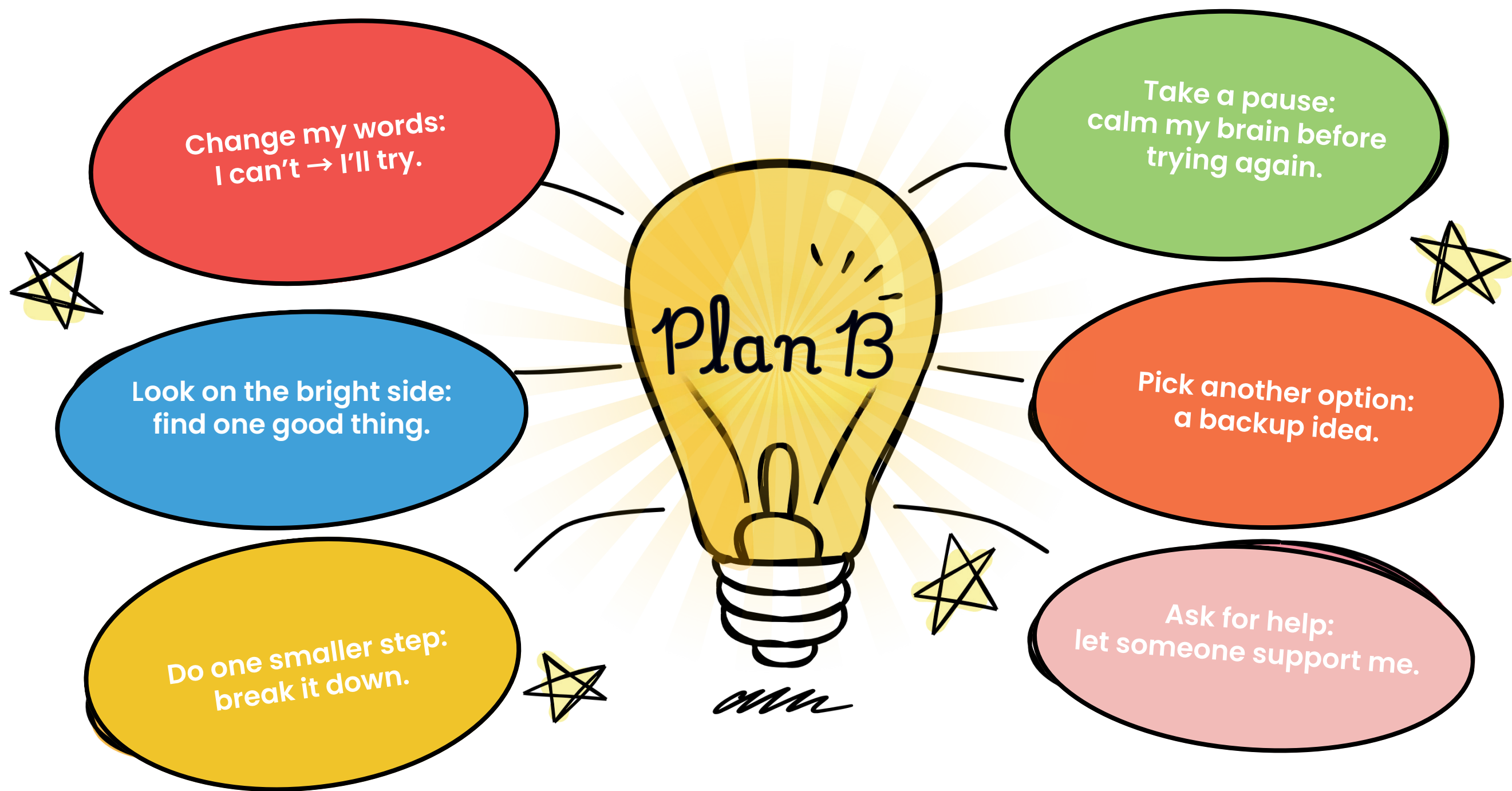
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# MY "PLAN B" IDEAS

When Plan A doesn't work, I can...



PLAN B ISN'T GIVING UP. IT'S FINDING ANOTHER WAY FORWARD.