

Module 2

Understanding Cognitive Differences

How attention, processing, memory, and sensory systems vary across brains.

ACTION PLANNING WORKSHEET

Move from insight to a 14-day experiment.

Step 1 — Define the experiment

One cognitive system I want to support better (mine or someone else's):

The environmental variable most amplifying load right now:

The earliest signal of overload I will watch for:

One concrete accommodation I will pilot in the next 14 days:

Who I will tell about this experiment, and when we will review it:

What "working" looks like (one observable change):

Step 2 — Check-in schedule

Date	Observation	Adjustment