

FREE WEEK 1 SAMPLE



Know Your Brain!

Week 1: Awareness & Self-Monitoring

A free sample chapter from Build Your Executive Skills — Teen Edition, Brain Path Skills' Ages 13-17 guided program.

What's inside this sample:

- The full Week 1 chapter: Know Your Brain!
- A guide to how the teen brain's focus & energy shift (brain waves, made simple)
- A guided self-reflection activity + EF strengths chart
- Daily micro-habit tracker + parent/coach guidance

A Letter Just For You!

Welcome to Executive Skills Adventure!

Hi there,

This workbook was created for you to help you understand and strengthen the powerful skills your brain is still developing. These are the skills that help you stay focused, manage emotions, plan, stay organized, and follow through on what you start.

Your brain is amazing, and it's still growing and changing every day. Just like building strength at the gym or improving in a sport, you can train your brain. Every time you practice these skills, you're building real connections that make things easier over time.

Sometimes school, responsibilities, or everyday challenges can feel overwhelming. You might lose focus, procrastinate, forget things, or feel frustrated. That's completely normal. It doesn't mean something is wrong; it just means your brain is still learning how to manage these demands.

That's exactly what this book is for!

Each section focuses on one important brain skill. You'll learn what it is, why it matters, and how to use it in real life. You'll try practical strategies, complete activities, build daily habits, and reflect on your progress. Step by step, these skills will become more natural and automatic.

Remember: you don't need to be perfect. Real growth happens through small, consistent effort. Give yourself space to learn, make mistakes, and improve.

You're building skills that will help you not just in school but in life.

Let's get started.

How To Use This Workbook

Each chapter follows the same easy pattern!

Read & Learn

Start by reading the chapter to learn what the skill is, why it matters, and what's happening in your brain!

Brain Connection

Find out what's actually happening inside your brain when you practice this skill. Brain science is amazing!

Strategy Spotlight

Learn one simple, powerful strategy, a trick you can use in real life right away! Step-by-step instructions included.

Activity Time

Try a fun guided activity to practice the skill. There are writing spaces, charts, and reflection boxes.

Daily Micro-Habits

Simple actions you do everyday that help you improve little by little. Practice just 1–5 minutes every day. Daily practice is MORE powerful than one big effort once in a while!

Reflect & Rate

At the end of each chapter, look back at the week. Rate your confidence on a 1–5 scale. No wrong answers!

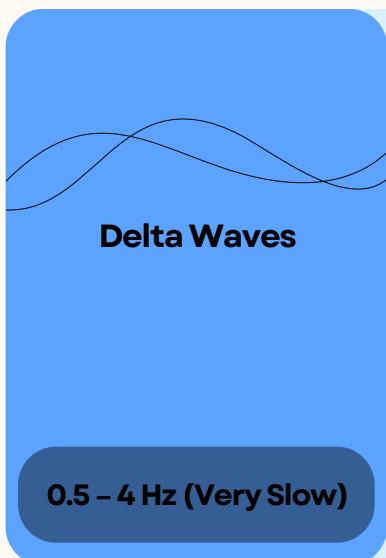
Parent/Teacher Guide

Every chapter ends with tips for the grown-up helping you, so they can support you without taking over!

Your Brain's Secret Signals

A Guide to Brain Waves and what they mean for YOU!

Did you know your brain is ALWAYS busy even when you're relaxing or sleeping? Your brain sends tiny electrical signals called BRAIN WAVES all day and night. Different brain waves appear at different times depending on what you're doing, thinking, or feeling. Scientists measure them with a tool called an EEG. Understanding brain waves can help you understand WHY focus feels hard sometimes, why sleep matters so much, and how your brain shifts gears throughout the day!

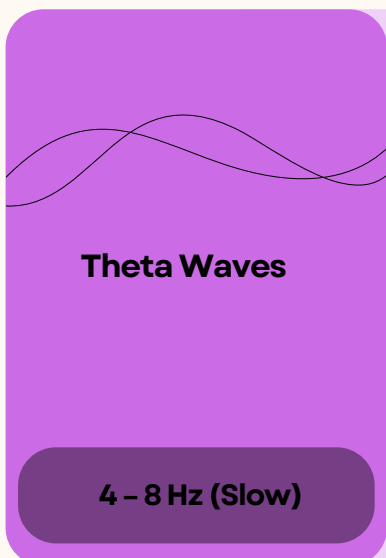


When: Deep, dreamless sleep

Delta waves are the SLOWEST brain waves. They happen during your deepest sleep, when your body is doing its most powerful healing and growing. Your brain clears out waste, your muscles repair, and your immune system gets stronger. This is why a full night of sleep is SO important, especially for growing brains!

Brain Skills Link:

Good sleep helps your brain focus, remember, learn, and manage feelings the next day.



When: Daydreaming, light sleep, creativity, deep relaxation

Theta waves appear when you're between awake and asleep, like when you're drifting off, daydreaming, or deeply relaxed. This is actually a CREATIVE state! Many people get their best ideas during theta moments. It's also the wave active during REM sleep, when your brain processes emotions and memories.

Brain Skills Link:

Theta waves help your brain store memories and make creative connections.



Alpha Waves

8 – 13 Hz (Medium)

When: Calm, relaxed, and alert the 'ready state'

Alpha waves are your brain's CALM FOCUS mode. They appear when you're relaxed but alert, like taking a quiet walk, doing light reading, or resting with your eyes closed. Alpha is the bridge between the busy beta state and the dreamy theta state. It's a great state for learning and absorbing new information.

Brain Skills Link:

Alpha waves help with learning, emotional control, and staying calm.



Beta Waves

13 – 30 Hz (Fast)

When: Active thinking, focusing, problem-solving, talking

Beta waves are your ACTIVE THINKING waves. They fire when you're focused on a task, having a conversation, solving a problem, or making decisions. This is your brain in 'work mode.' Most of your school day runs on beta waves. Too much high-beta, however, can feel like stress or anxiety, your brain stuck in overdrive.

Brain Skills Link:

Beta waves power executive skills like planning, task initiation, and focus.



Gamma Waves

30 – 100 Hz (Very Fast)

When: Peak concentration, learning, 'aha!' moments, high-level processing

Gamma waves are the FASTEST brain waves and the most mysterious! They appear during moments of intense focus, deep learning, and those sudden 'aha!' moments when everything clicks into place. Gamma helps different parts of your brain communicate super quickly, like a turbo boost for your thinking. Expert meditators and highly

Brain Skills Link:

Gamma waves help with learning, understanding, and complex thinking.

The Big Takeaway:

All five brain waves work together like a symphony orchestra. Sleep, play, focus, calm, and peak effort each have their own wave, and your brain switches between them all day. The more you practice executive skills, the better your brain gets at choosing the right wave at the right time!

Week 1

Know Your Brain!

Awareness & Self-Monitoring

Understand executive skills and start noticing strengths and growth areas.

Awareness and **self-monitoring** help you notice what is happening in your thoughts, feelings, and actions.

It's like your brain's check-in system.

It helps you pause, see how a task is going, and decide what to do next.

Learning to notice how your brain works is the first step to improving it.

Why This Skill Matters (School / Work / Life):

- **At School:** Helps you stay focused, notice mistakes, and adjust your work.
- **At Home:** Helps you stay aware of routines and responsibilities.
- **In Life:** Helps you understand yourself and build confidence when facing challenges.

What This Week Is About (Coach Voice):

This week is about paying attention to how your brain works.

Notice when you feel focused, distracted, or frustrated.

Watch for patterns in how you start and finish tasks.

Remember, awareness comes first, change comes next.

Brain Connection (Light Neuroeducation)

What's Happening in the Brain (Non-Technical):

This week, your brain is learning to pay attention to itself. You're noticing which skills feel strong, which ones are tricky, and how your brain works throughout the day.

Why This Skill Can Be Hard:

Most teens don't normally reflect on how their brain works. It can feel strange or uncomfortable to notice mistakes or challenges, and that's completely normal.

Normalizing Struggles:

Everyone's brain is still developing. Struggling or feeling unsure doesn't mean you're failing, it means your brain is learning and growing.

"This Skill Improves With Practice" Statement:

Each time you notice what your brain is doing, you strengthen your executive skills. Observation itself is practice, and practice helps your brain grow.

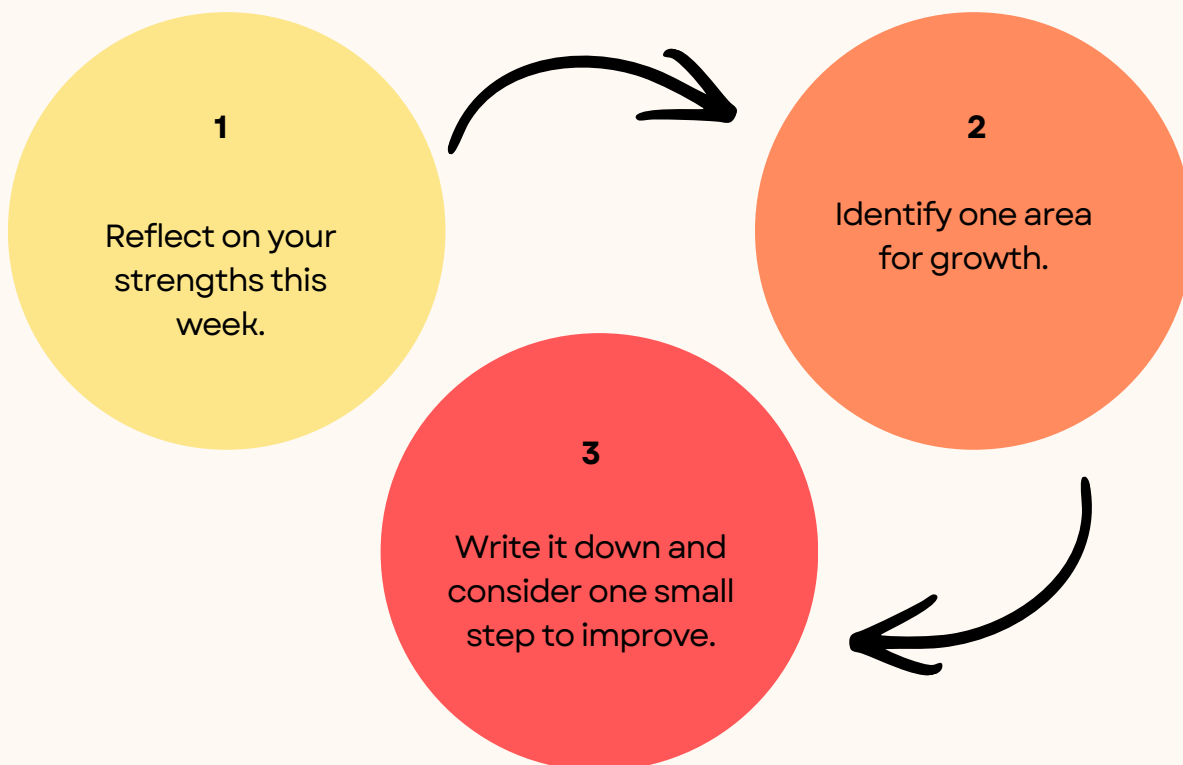


Strategy Spotlight: (Self-Reflection Snapshot)

When to Use It:

At the start of a new week, before starting a new project or during transitions or changes

Step-by-Step:



Common Mistake + Quick Fix:

- **Mistake:** Interpreting challenges as personal failure.
- **Quick Fix:** Reframe growth areas as opportunities to build skill.

Reflection isn't about judging yourself, it's about learning.

Guided Practice: “My EF Strengths & Growth Areas” Chart

Instructions:

This activity helps you recognize your current executive skill strengths and select one area to build.

EF STRENGTHS & GROWTH AREAS CHART

Reflect on your day or week. Identify one executive skill that worked well and one you want to strengthen.

Strength I Noticed:

Area for Growth:

One Strategy to Try:

Remember:

Choose actions that feel realistic. Progress comes from consistency, not intensity.

Instructions:

Check the boxes that describe you today. There are no wrong answers.

EXECUTIVE SKILL	THIS IS A STRENGTH	THIS NEEDS PRACTICE
Planning	☐	☐
Starting Tasks	☐	☐
Staying Focused	☐	☐
Organization	☐	☐
Managing Time	☐	☐
Managing Emotions	☐	☐
Finishing Tasks	☐	☐

Reflection:

Circle one skill you’re doing well and one skill you want to improve this week.

Daily Micro-Habits

(Just 1-5 minutes a day!)

Each day, notice one executive skill you used.

MON
DAY

TUES
DAY

WED
DAY

THURS
DAY

FRI
DAY

Small daily practice beats one big effort every time. Keep showing up, you're building real progress, even if it feels slow.

Reflection & Self-Rating

Looking Back on This Week:

Spend a minute or two thinking about your experience this week. Be honest!
This is for you.

Which executive skills showed up for me this week?

Which skill would I like to focus on first?

What did I notice that I didn't expect?

Skill Confidence Rating

How confident do you feel using your executive skills right now? Circle one.

1

I feel unsure and don't really notice my skills yet.

2

I'm starting to notice them, but it still feels confusing.

3

I can notice my skills sometimes and see how they help.

4

I often notice and use my executive skills during tasks.

5

I feel confident recognizing and using my skills regularly.

This number isn't permanent. It's just a snapshot of today, and it will shift as you practice.

Guidance for Parents, Teachers & Coaches

Your Role This Week:

Support teens in developing self-awareness without judgment. This week is about observation, not fixing or correcting.

You don't need to fix things for them. Instead, help them notice what they're doing and how their brain is learning.

How to Help (Without Taking Over):

- ✓ **Ask open-ended questions:** 'What did you notice about your focus this week?'
- ✓ **Acknowledge effort & honesty:** Recognize self-reflection and insight, not just outcomes.
- ✓ **Respect their privacy:** Allow teens to complete reflections privately if preferred.
- ✓ **Normalize your own challenges:** Share examples of your own learning and growth.

What to Avoid:

- Don't pressure to share, give space to reflect.
- Avoid fixing or correcting; this is about noticing, not being right.
- Don't compare to others; everyone grows at their own pace.

Key Reminder:

Independence grows when teens feel trusted. Your calm presence matters more than solutions.

You just finished Week 1 of 8.

Nice work! Awareness is the foundation every other executive skill builds on. Here's what's waiting for you in the full 8-week program:

- W2 Feelings Are Your Friends — Emotional Awareness
- W3 The Focus Force — Sustained Attention
- W4 Ready, Set, Go! — Task Initiation
- W5 Super Memory & Organization
- W6 Plan Like a Pro — Planning & Time Management
- W7 Never Give Up! — Follow-Through
- W8 Bringing It All Together

Get the Full 8-Week Program

visit brainpathskill.com to learn more

Made for teens ages 13-17. #BrainPathSkills #ExecutiveFunctioning