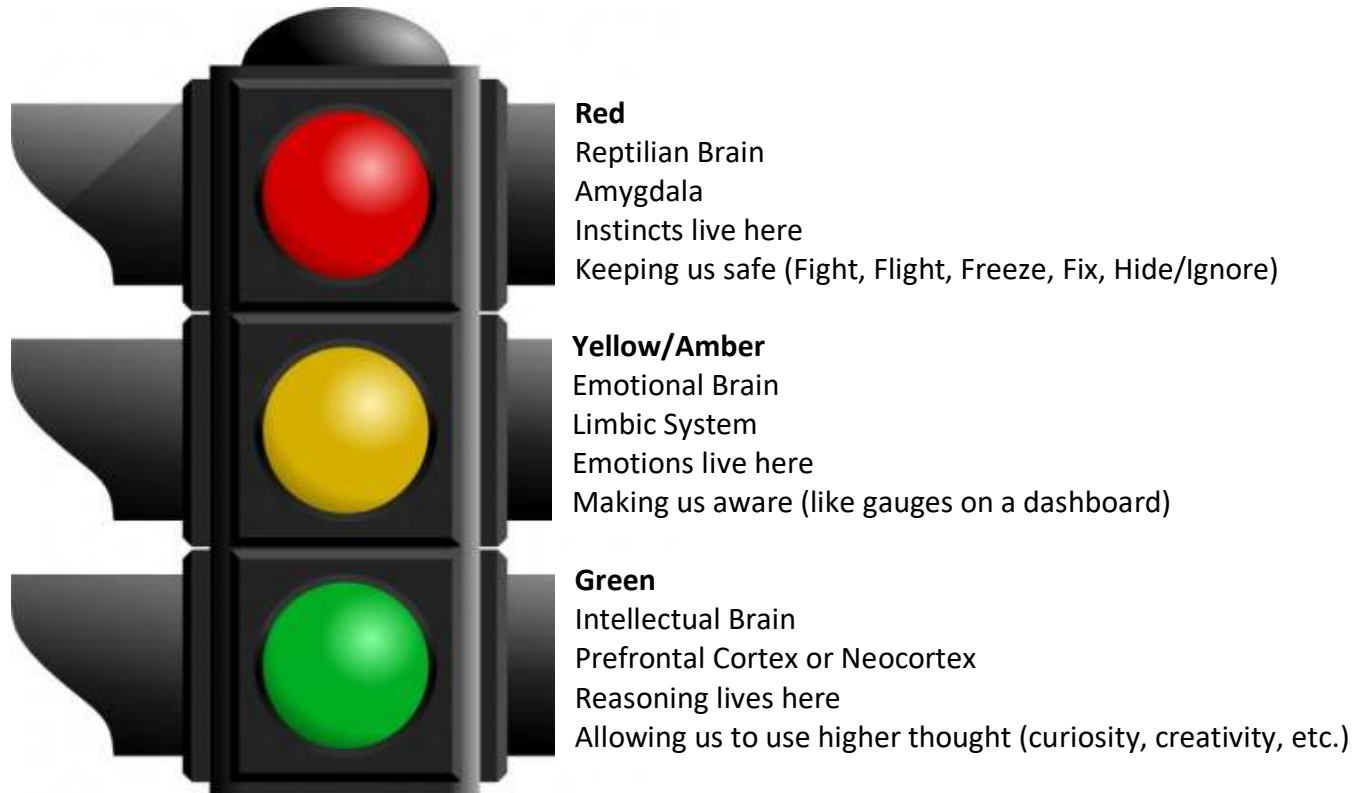


# The Triune Brain



## The Seconds Count in Brain Matters!

- When you need to reframe: 6 seconds are needed to get blood to flow to your intellectual brain (**S**top, **T**ake a breath, **O**bserve, **P**roceed)
- When you want to stop procrastinating: 5 seconds to get going before you start reasoning yourself out of getting started.