



Experience the Power of an

Aha!

DIG COACHING PRACTICE, LLC

Jeff Copper, PCAC, PCC, MBA
ADHD & Attention Coach

Email: Jeff@digcoaching.com

Web site: www.digcoaching.com

813.837.8084



DIG Coaching Practice Executive Function Engagement Continuum
Derived from Cognitive Ergonomics From the Inside Out™

Executive Function Engagement Continuum

Level of Cognition	Automatic Thinking	Shallow Thinking	Learning	Contemplative Thinking	Problem Solving
Types	Daydreaming; emotional flooding (worry or reflexive thoughts from perceived threats)	Emotional judging or reasoning	Digesting information or acquiring knowledge	Factual judgment or reasoning	Applying knowledge to obtain a goal
Function	Passive or reflexive thoughts that require minimal effort	Forming opinions based on beliefs, emotions, or feelings rather than evidence or rational analysis	Acquiring discrete pieces of (known) information, comprehending its meaning and significance	Forming opinions or drawing conclusions based on factual data (evidence)	Addressing real-world problems or challenges that can be multifaceted and ambiguous
Goal	None; or to be on guard	To form an opinion or share a belief to make sense of the unknown	To understand what is known	To form a hypothesis	To innovate, address challenges, and find solutions to complex problems

EXCAVATING THE *Aha!* **DAILY**

