

A close-up photograph of a person's face, focusing on the eyes and mouth. The person has dark hair and is looking directly at the camera. The text is overlaid on the face in a large, bold, sans-serif font. The words "THINK" and "IDEAS" are particularly large and prominent.

WHEN WE TAKE THE TIME TO  
**THINK**  
ABOUT THE WAYS WE THINK,  
**IDEAS**  
THAT CAN CHANGE THE WORLD  
**BECOME POSSIBLE**

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**METACOGNITION** noun [met-uh-kog-nish-uhn]

The awareness and understanding of one's own thought processes that result in analytical, social, and emotional intelligence, as well as character and perseverance.