

You are not lazy.
Your system is
full.

SWIPE

**Working
memory.**

**Four items, not
seven.**

SWIPE

4

items. That is the real working memory ceiling for most adult brains.

Cowan 2001, Behav Brain Sci

**Every open loop.
Eats a slot.**

SWIPE

Write it down.
Free the slot.

SWIPE

**Not a willpower
problem.
A capacity
problem.**

MORE IN PROFILE

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