



Executive Functioning

Self Monitoring.
Self awareness, in the moment

Organisation.
Keeping track of things physically and mentally

Impulse Control.
Thinking before acting

Emotional Control.
Keeping feelings in check

Flexible Thinking.
Adjusting behavior to unexpected changes

Working Memory.
Keeping information in mind

Task Initiation.
Taking action to make a start on tasks

Planning & Prioritizing.
Setting and meeting goals