

How do I know I have Executive Function concerns:

	At Work	At Home	In Relationships
FOCUS	Struggling to finish tasks	Difficulty with completing chores due to distractions	Difficulty with being fully present with friends / family
ORGANIZATION	Struggling to schedule / organize projects	Misplacing household items / cluttered spaces	Forgetting important dates such as birthdays, anniversaries, graduation
EMOTIONAL REGULATION	Difficulty tolerating work frustrations and working with others	Emotions or emotional reactions interfering with responsibilities and self control	Trouble with reactions based on size of the problem. Overreactions or big feelings interfere.
TIME MANAGEMENT	Showing up late to meetings; running long in meetings	Oversleeping. Burning / overcooking food. Not allowing enough time to get chores done. Overscheduling.	Difficulty making time for friends and relationships.
FLEXIBLE THINKING	Difficulty problem solving or considering the perspective of co-workers	Trouble with managing shared spaces or shared appliances (washer/dryer) and considering the needs of others.	Difficulty resolving disagreements.
PLANNING & PRIORITIZATION	Difficulty with prioritizing tasks or deciding what to do first.	Difficulty planning meals and paying bills on time.	Difficulty committing to long-term plans or goals.