

# PLANNING: PRE-ASSESSMENT



Complete this pre-assessment worksheet to identify areas of concern and brainstorm goals to build your planning skills.

Read each statement. Place an X in the box that most closely describes you.

**I stick to a daily routine.**

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**When I start chores or homework, I finish them through to the end.**

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**I use a calendar or a tool to remind me of events.**

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**I like to have a plan so I don't feel overwhelmed.**

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**I know which task to start first when I begin a project.**

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**I get tasks done neatly and orderly.**

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**I know how to put steps in order for a bigger project.**

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## SCORING:

Using the scoring guide below, calculate the total score:

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
0	1	2	3	4

## TOTAL SCORE:

0-10

My planning and other executive functioning skills are likely causing challenges in all areas of my life. There are likely significant benefits if I can learn new skills.

11-20

My planning and other executive functioning skills are likely causing challenges in at least one area of my life. There are likely some benefits to learning new skills.

21+

My planning skills are well-developed. If I'm still having challenges, I may have other executive functioning skills to focus on.

## MY NEXT STEPS:

For items that scored 0 or 1, what are some goals or next steps to take action on?

---



---



---



---



---



---



---



---



# TIME MANAGEMENT: PRE-ASSESSMENT



Complete this pre-assessment worksheet to identify areas of concern and brainstorm goals to build your time management skills.

Read each statement. Place an X in the box that most closely describes you.

**I'm on time for appointments and family events.**

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**I can accurately estimate how long with will take me to complete a task.**

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**I have enough time to complete tasks carefully so I don't make mistakes.**

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**I don't put off tasks or procrastinate.**

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**I complete my daily routines and to-do lists.**

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**I make lists or use a calendar so I know what I need to do each day**

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**When I have a lot to do, I can prioritise what tasks to do first.**

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## SCORING:

Using the scoring guide below, calculate the total score:

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
0	1	2	3	4

## TOTAL SCORE:

0-10

My time management and other executive functioning skills are likely causing challenges in all areas of my life. There are likely significant benefits if I can learn new skills.

11-20

My time management and other executive functioning skills are likely causing challenges in at least one area of my life. There are likely some benefits to learning new skills.

21+

My time management skills are well-developed. If I'm still having challenges, I may have other executive functioning skills to focus on.

## MY NEXT STEPS:

For items that scored 0 or 1, what are some goals or next steps to take action on?

---



---



---



---



---



---



---



# TASK INITIATION

## PRE-ASSESSMENT



Complete this pre-assessment worksheet to identify areas of concern and brainstorm goals to build your task initiation skills.

Read each statement. Place an X in the box that most closely describes you.

**Procrastination is usually not a problem for me.**

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**I know how to get started with most tasks.**

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**I like to start chores and homework right away.**

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**I can set aside a fun activity when I have something more important to complete first.**

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**I easily finish tasks, even ones I don't want to do.**

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**I can complete daily tasks without reminders from parents or teachers.**

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**I know how to choose the most important task.**

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### SCORING:

Using the scoring guide below, calculate the total score:

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
0	1	2	3	4

### TOTAL SCORE:

0-10

My task initiation and other executive functioning skills are likely causing challenges in all areas of my life. There are likely significant benefits if I can learn new skills.

11-20

My task initiation and other executive functioning skills are likely causing challenges in at least one area of my life. There are likely some benefits to learning new skills.

21+

My task initiation skills are well-developed. If I'm still having challenges, I may have other executive functioning skills to focus on.

### MY NEXT STEPS:

For items that scored 0 or 1, what are some goals or next steps to take action on?

---



---



---



---



---



---



---



---



# ORGANISATION: PRE-ASSESSMENT



Complete this pre-assessment worksheet to identify areas of concern and brainstorm goals to build your organisational skills.

Read each statement. Place an X in the box that most closely describes you.

**I like my spaces neat and orderly.**

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**I have systems to organise my work.**

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**I know what I need to do, and when I need to do it.**

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**People who know me say that I am an organised person.**

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**I feel better when my space is organised.**

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**When I have a lot to do, I can make a plan and figure out what I need to do first.**

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**I try to have a place for everything.**

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## SCORING:

Using the scoring guide below, calculate the total score:

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
0	1	2	3	4

## TOTAL SCORE:

0-10

My organisation and other executive functioning skills are likely causing challenges in all areas of my life. There are likely significant benefits if I can learn new skills.

11-20

My organisation and other executive functioning skills are likely causing challenges in at least one area of my life. There are likely some benefits to learning new skills.

21+

My organisation skills are well-developed. If I'm still having challenges, I may have other executive functioning skills to focus on.

## MY NEXT STEPS:

For items that scored 0 or 1, what are some goals or next steps to take action on?

---



---



---



---



---



---



---



---



# PROBLEM SOLVING: PRE-ASSESSMENT



Complete this pre-assessment worksheet to identify areas of concern and brainstorm goals to build your problem solving skills.

Read each statement. Place an X in the box that most closely describes you.

I can easily identify problems and when they start.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I can identify facts and gather relevant information.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I can get to the bottom of why problems start.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Finding multiple ways to complete a project is easy for me.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Others think my solutions to problems are creative.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Most times I evaluate the pros and cons before I take the next step.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

When I decide on a solution to a problem, I know how to implement it.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## SCORING:

Using the scoring guide below, calculate the total score:

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
0	1	2	3	4

## TOTAL SCORE:

0-10

My problem solving and other executive functioning skills are likely causing challenges in all areas of my life. There are likely significant benefits if I can learn new skills.

11-20

My problem solving and other executive functioning skills are likely causing challenges in at least one area of my life. There are likely some benefits to learning new skills.

21+

My problem-solving skills are well-developed. If I'm still having challenges, I may have other executive functioning skills to focus on.

## MY NEXT STEPS:

For items that scored 0 or 1, what are some goals or next steps to take action on?

---



---



---



---



---



---



---



# Flexibility: PRE-ASSESSMENT



Complete this pre-assessment worksheet to identify areas of concern and brainstorm goals to build your flexibility skills.

Read each statement. Place an X in the box that most closely describes you.

**I recognise problems and make changes to fix them.**

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**I'm okay if things change unexpectedly.**

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Switching between tasks is easy for me.**

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**I accept other's ideas even if they're different from my own.**

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**I can easily adjust to different rules and different expectations.**

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**I don't mind if things go wrong or if I have to try a different way to solve a problem.**

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**I'm okay if I can't control things or when others make choices for me.**

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## SCORING:

Using the scoring guide below, calculate the total score:

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
0	1	2	3	4

## TOTAL SCORE:

0-10

My flexibility and other executive functioning skills are likely causing challenges in all areas of my life. There are likely significant benefits if I can learn new skills.

11-20

My flexibility and other executive functioning skills are likely causing challenges in at least one area of my life. There are likely some benefits to learning new skills.

21+

My flexibility skills are well-developed. If I'm still having challenges, I may have other executive functioning skills to focus on.

## MY NEXT STEPS:

For items that scored 0 or 1, what are some goals or next steps to take action on?

---



---



---



---



---



---



---



---



# WORKING MEMORY: PRE-ASSESSMENT



Complete this pre-assessment worksheet to identify areas of concern and brainstorm goals to build your working memory skills.

Read each statement. Place an X in the box that most closely describes you.

**I pay close attention to details to avoid mistakes.**

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**I have strong reading and maths skills.**

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**I can remember multiple instructions for tasks.**

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Others say I have a good attention span.**

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**I can see chores, homework, and tasks through to the end.**

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**I don't often forget what I'm doing or get lost in the middle of a task.**

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**I can keep track of lots of facts and information and recall them when I need it.**

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## SCORING:

Using the scoring guide below, calculate the total score:

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
0	1	2	3	4

## TOTAL SCORE:

0-10

My working memory and other executive functioning skills are likely causing challenges in all areas of my life. There are likely significant benefits if I can learn new skills.

11-20

My working memory and other executive functioning skills are likely causing challenges in at least one area of my life. There are likely some benefits to learning new skills.

21+

My working memory is well-developed. If I'm still having challenges, I may have other executive functioning skills to focus on.

## MY NEXT STEPS:

For items that scored 0 or 1, what are some goals or next steps to take action on?

---



---



---



---



---



---



---



---



# EMOTIONAL CONTROL: PRE-ASSESSMENT



Complete this pre-assessment worksheet to identify areas of concern and brainstorm goals to build your emotional control skills.

Read each statement. Place an X in the box that most closely describes you.

**When bad things happen, I bounce back easily.**

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**I control my temper.**

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**I handle frustration in healthy ways.**

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Others say I have good patience.**

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**When I get upset, it's easy for me to calm down and get back to work.**

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**I avoid saying things to 'get back' or hurt someone when I'm upset.**

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**I have a high tolerance for frustration. I can work through difficult things.**

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## SCORING:

Using the scoring guide below, calculate the total score:

NEVER      RARELY      SOMETIMES      OFTEN      ALWAYS

0      1      2      3      4

## TOTAL SCORE:

0-10

My emotional control and other executive functioning skills are likely causing challenges in all areas of my life. There are likely significant benefits if I can learn new skills.

11-20

My emotional control and other executive functioning skills are likely causing challenges in at least one area of my life. There are likely some benefits to learning new skills.

21+

My emotional control is well-developed. If I'm still having challenges, I may have other executive functioning skills to focus on.

## MY NEXT STEPS:

For items that scored 0 or 1, what are some goals or next steps to take action on?

---



---



---



---



---



---



---



---





# IMPULSE CONTROL: PRE-ASSESSMENT



Complete this pre-assessment worksheet to identify areas of concern and brainstorm goals to build your impulse control skills.

Read each statement. Place an X in the box that most closely describes you.

**I read and follow instructions carefully.**

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**I think about decisions before I make them.**

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**I'm okay waiting for something I really want, even if it's hard.**

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**I like to think before I speak.**

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**It's best not to take action until you have all the facts.**

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**I avoid jumping to conclusions.**

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Others describe me as consistent and reliable.**

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## SCORING:

Using the scoring guide below, calculate the total score:

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
0	1	2	3	4

## TOTAL SCORE:

0-10

My impulse control and other executive functioning skills are likely causing challenges in all areas of my life. There are likely significant benefits if I can learn new skills.

11-20

My impulse control and other executive functioning skills are likely causing challenges in at least one area of my life. There are likely some benefits to learning new skills.

21+

My impulse control is well-developed. If I'm still having challenges, I may have other executive functioning skills to focus on.

## MY NEXT STEPS:

For items that scored 0 or 1, what are some goals or next steps to take action on?

---



---



---



---



---



---



---



# ATTENTIONAL CONTROL: PRE-ASSESSMENT



Complete this pre-assessment worksheet to identify areas of concern and brainstorm goals to build your attentional control skills.

Read each statement. Place an X in the box that most closely describes you.

**I can easily complete tasks with lots of steps.**

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**I work carefully and avoid rushing through tasks.**

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**I can power through a task even if it's boring.**

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**I focus on homework and chores without getting sidetracked.**

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Once I start on a task, I can work straight through to the end.**

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**If I get interrupted in the middle of a task, I can easily pick up where I left off.**

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**I can focus on my work even when others are talking around me.**

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## SCORING:

Using the scoring guide below, calculate the total score:

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
0	1	2	3	4

## TOTAL SCORE:

0-10

My attentional control and other executive functioning skills are likely causing challenges in all areas of my life. There are likely significant benefits if I can learn new skills.

11-20

My attentional control and other executive functioning skills are likely causing challenges in at least one area of my life. There are likely some benefits to learning new skills.

21+

My attentional control is well-developed. If I'm still having challenges, I may have other executive functioning skills to focus on.

## MY NEXT STEPS:

For items that scored 0 or 1, what are some goals or next steps to take action on?

---



---



---



---



---



---



---



---



# Self-Monitoring:

## Pre-Assessment



Complete this pre-assessment worksheet to identify areas of concern and brainstorm goals to build your self-monitoring skills.

Read each statement. Place an X in the box that most closely describes you.

I try to get better at things over time.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

It can "read" situations and adjust my behavior if needed.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

It can see problems from others' perspectives.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I don't mind feedback and criticism because it helps me improve.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I can step back from a situation and evaluate what's not working right.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I regularly evaluate my progress and try to adjust my plans.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

It's open to making changes in order to do a better job.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Scoring:

Using the scoring guide below, calculate the total score:

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
0	1	2	3	4

### TOTAL SCORE:

0-10

My self-monitoring and other executive functioning skills are likely causing challenges in all areas of my life. There are likely significant benefits if I can learn new skills.

11-20

My self-monitoring and other executive functioning skills are likely causing challenges in at least one area of my life. There are likely some benefits to learning new skills.

21+

My self-monitoring skills are well-developed. If I'm still having challenges, I may have other executive functioning skills to focus on.

### MY NEXT STEPS:

For items that scored 0 or 1, what are some goals or next steps to take action on?

---

---

---

---

---

---

---

---

