EF SELF-CHECK

Name:

Date:

Executive function skills help you start, plan, focus and finish. Everyone finds some easy and others harder. Tick what fits you most of the time.

1 How do these feel for me?

SKILL	EASY	SOMETIMES	HARD
Getting started Starting homework or chores without lots of reminders	☐	☐	☐
Planning Breaking a big project into smaller steps	☐	☐	☐
Organizing Keeping track of my things, notes and files	☐	☐	☐
Time Knowing how long things take, and being on time	☐	☐	☐
Focus Sticking with a task, even when it's not exciting	☐	☐	☐
Working memory Remembering instructions, or what I came to do	☐	☐	☐
Flexible thinking Handling it when plans change	☐	☐	☐
Managing feelings Calming down after something upsetting	☐	☐	☐

2 My top strength

A skill I ticked “Easy,” and how it helps me:

3 One skill to work on

Pick just one. Which would make the biggest difference?

4 One small thing I'll try

For example: a checklist by the door, a timer for starting homework, writing tasks in one place, or asking a friend to study with me.

I'll check how it went on:

This is a reflection tool, not a test or a diagnosis. If lots of things feel hard, talk with a parent, teacher, school counsellor or doctor.

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