



Task Initiation

Take action to get started on tasks



Organization

Keep track of things
physically and mentally



Impulse Control
Think before acting



Planning and Prioritizing

To set and meet goals



**EXECUTIVE FUNCTIONING** 



Emotional Control
Keep feelings in check



**Self - Monitoring** 

Self-awareness of how one is doing in the moment



Keep key information in mind while using it





Flexible Thinking

Adjust behavior to unexpected changes