

# Executive Dysfunction Worksheet

## 1. Identifying Challenges

Reflect on and write down specific areas where you experience difficulties due to executive dysfunction.

*- Example: I struggle with time management, often missing deadlines or being late for appointments.*

---

---

---

---

## 2. Understanding Triggers

Write down the situations, thoughts, or emotions that trigger your executive dysfunction.

*- Example: When I feel overwhelmed by multiple tasks, I find it hard to prioritize and get started.*

---

---

---

## 3. Setting Goals

List achievable goals to address your executive functioning challenges.

*- Example: I will use a planner to schedule my tasks and set reminders for important deadlines.*

---

---

---

---

#### **4. Developing Strategies**

Write down specific strategies you can use to manage your executive dysfunction.

*- Example: I will break down large tasks into smaller, manageable steps and set specific deadlines for each step.*

---

---

---

---

#### **5. Implementing Tools**

Identify and list tools or resources that can help you improve your executive functioning skills.

*- Example: I will use a digital task manager app to organize my tasks and set reminders.*

---

---

---

---