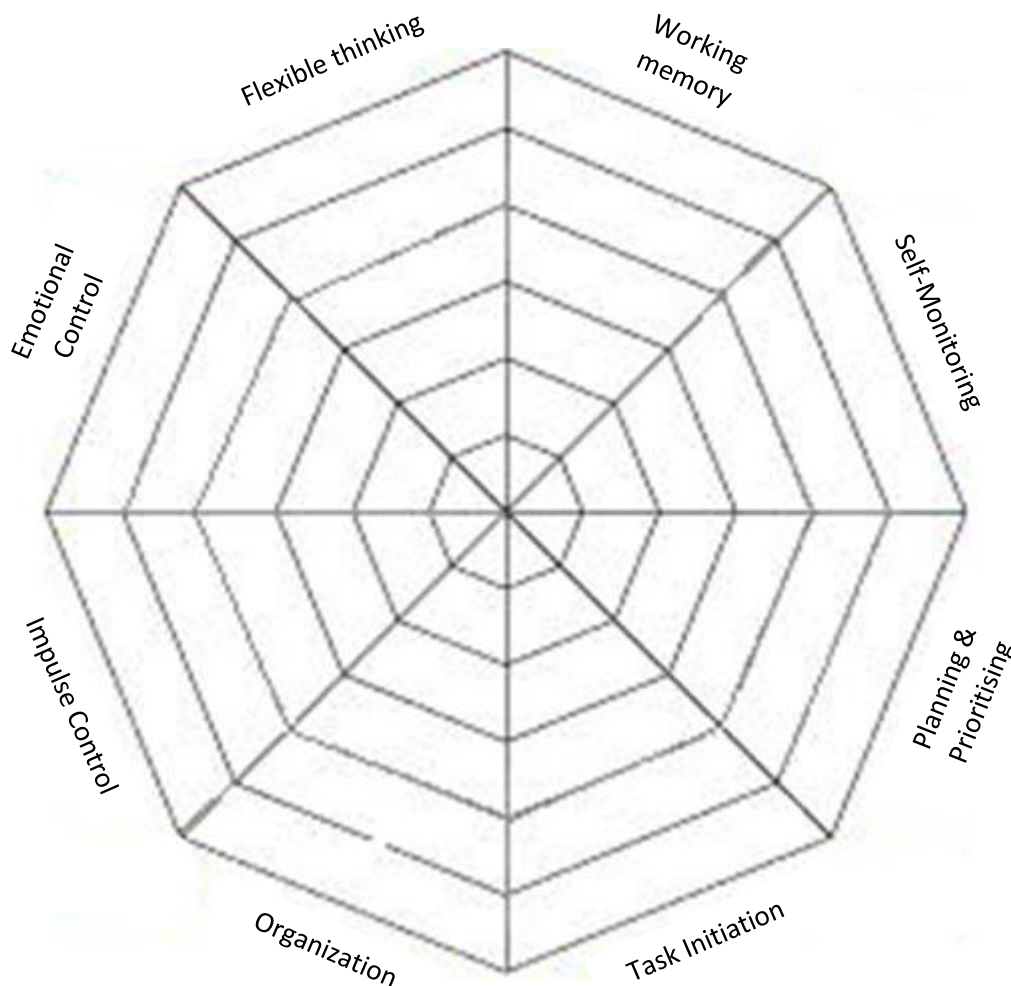


Worksheet for PD Workshop 1 – Executive Functioning Profile

Please complete the following by rating yourself out of 6 for each of the 8 categories of executive functioning. Definitions can be found below. You can colour in the chart to show this.



Definitions

Emotional Control – Ability to keep feelings in check

Flexible Thinking – Ability to adjust to unexpected changes

Working Memory – Ability to remember important information while using it

Self-Monitoring – Ability to reflect on and know how you are doing in the moment

Planning and Prioritising – Ability to set and meet goals

Task Initiation – Ability to get started on tasks

Organisation – Ability to keep track of things both mentally and physically

Impulse Control – Ability to think about something before doing it

