



Executive Function: Making Things Easier

Starting, switching, planning, remembering and completing tasks can all require executive-function energy. Support is allowed.

Which tasks are hardest to start?

Which tasks are hardest to finish?

What makes transitions difficult?

What do I regularly forget?

What helps me begin?

Body doubling, timers, music, visual prompts, breaking tasks down?

What reduces the number of steps?

What support could I ask for?

One task I can make easier today is...
