

# PLANNING PRE-ASSESSMENT

Complete this pre-assessment worksheet to identify areas of concern and brainstorm goals to build your planning skills.

## Instructions:

- Read each statement.
- Place an X in the box that most closely describes you or your child.

### I stick to a daily routine.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>				

### When I start chores or homework, I finish them through to the end.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>				

### I use a calendar or a tool to remind me of events.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>				

### I like to have a plan so I don't feel overwhelmed.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>				

### I know which task to start first when I begin a project.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>				

### I get tasks done neatly and orderly.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>				

### I know how to put steps in order for a bigger project.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>				

## SCORING:

Using the scoring guide below, calculate the total score:

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
0	1	2	3	4

## TOTAL SCORE

### 0-10

My planning and other executive functioning skills are likely causing challenges in all areas of my life. There are likely significant benefits if I can learn new skills.

### 11-20

My planning and other executive functioning skills are likely causing challenges in at least one area of my life. There are likely some benefits to learning new skills.

### 21+

My planning skills are well-developed. If I'm still having challenges, I may have other executive functioning skills to focus on.

## MY NEXT STEPS:

For items that scored 0 or 1, what are some goals or next steps to take action on?

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# TIME MANAGEMENT PRE-ASSESSMENT

Complete this pre-assessment worksheet to identify areas of concern and brainstorm goals to build your time management skills.

## Instructions:

- Read each statement.
- Place an X in the box that most closely describes you or your child.

**I'm on time for appointments and family events.**

NEVER RARELY SOMETIMES OFTEN ALWAYS

<input type="checkbox"/>				
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**I can accurately estimate how long with will take me to complete a task.**

NEVER RARELY SOMETIMES OFTEN ALWAYS

<input type="checkbox"/>				
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**I have enough time to complete tasks carefully so I don't make mistakes.**

NEVER RARELY SOMETIMES OFTEN ALWAYS

<input type="checkbox"/>				
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**I don't put off tasks or procrastinate.**

NEVER RARELY SOMETIMES OFTEN ALWAYS

<input type="checkbox"/>				
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**I complete my daily routines and to-do lists.**

NEVER RARELY SOMETIMES OFTEN ALWAYS

<input type="checkbox"/>				
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**I make lists or use a calendar so I know what I need to do each day**

NEVER RARELY SOMETIMES OFTEN ALWAYS

<input type="checkbox"/>				
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**When I have a lot to do, I can prioritize what tasks to do first.**

NEVER RARELY SOMETIMES OFTEN ALWAYS

<input type="checkbox"/>				
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## SCORING:

Using the scoring guide below, calculate the total score:

NEVER RARELY SOMETIMES OFTEN ALWAYS

0	1	2	3	4
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## TOTAL SCORE

### 0-10

My time management and other executive functioning skills are likely causing challenges in all areas of my life. There are likely significant benefits if I can learn new skills.

### 11-20

My time management and other executive functioning skills are likely causing challenges in at least one area of my life. There are likely some benefits to learning new skills.

### 21+

My time management skills are well-developed. If I'm still having challenges, I may have other executive functioning skills to focus on.

## MY NEXT STEPS:

For items that scored 0 or 1, what are some goals or next steps to take action on?

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# TASK INITIATION PRE-ASSESSMENT

Complete this pre-assessment worksheet to identify areas of concern and brainstorm goals to build your task initiation skills.

## Instructions:

- Read each statement.
- Place an X in the box that most closely describes you or your child.

**Procrastination is usually not a problem for me.**

NEVER RARELY SOMETIMES OFTEN ALWAYS

<input type="checkbox"/>				
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**I know how to get started with most tasks.**

NEVER RARELY SOMETIMES OFTEN ALWAYS

<input type="checkbox"/>				
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**I like to start chores and homework right away.**

NEVER RARELY SOMETIMES OFTEN ALWAYS

<input type="checkbox"/>				
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**I can set aside a fun activity when I have something more important to complete first.**

NEVER RARELY SOMETIMES OFTEN ALWAYS

<input type="checkbox"/>				
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**I easily finish tasks, even ones I don't want to do.**

NEVER RARELY SOMETIMES OFTEN ALWAYS

<input type="checkbox"/>				
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**I can complete daily tasks without reminders from parents or teachers.**

NEVER RARELY SOMETIMES OFTEN ALWAYS

<input type="checkbox"/>				
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**I know how to choose the most important task.**

NEVER RARELY SOMETIMES OFTEN ALWAYS

<input type="checkbox"/>				
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## SCORING:

Using the scoring guide below, calculate the total score:

NEVER

RARELY

SOMETIMES

OFTEN

ALWAYS

0

1

2

3

4

## TOTAL SCORE

### 0-10

My task initiation and other executive functioning skills are likely causing challenges in all areas of my life. There are likely significant benefits if I can learn new skills.

### 11-20

My task initiation and other executive functioning skills are likely causing challenges in at least one area of my life. There are likely some benefits to learning new skills.

### 21+

My task initiation is well-developed. If I'm still having challenges, I may have other executive functioning skills to focus on.

## MY NEXT STEPS:

For items that scored 0 or 1, what are some goals or next steps to take action on?

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# ORGANIZATION PRE-ASSESSMENT

Complete this pre-assessment worksheet to identify areas of concern and brainstorm goals to build your organization skills.

## Instructions:

- Read each statement.
- Place an X in the box that most closely describes you or your child.

### I like my spaces neat and orderly.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>				

### I have systems to organize my work.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>				

### I know what I need to do, and when I need to do it.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>				

### People who know me say that I am an organized person.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>				

### I feel better when my space is organized.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>				

### When I have a lot to do, I can make a plan and figure out what I need to do first.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>				

### I try to have a place for everything.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>				

## SCORING:

Using the scoring guide below, calculate the total score:

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>

## TOTAL SCORE

### 0-10

My organization and other executive functioning skills are likely causing challenges in all areas of my life. There are likely significant benefits if I can learn new skills.

### 11-20

My organization and other executive functioning skills are likely causing challenges in at least one area of my life. There are likely some benefits to learning new skills.

### 21+

My organization skills are well-developed. If I'm still having challenges, I may have other executive functioning skills to focus on.

## MY NEXT STEPS:

For items that scored 0 or 1, what are some goals or next steps to take action on?

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# PROBLEM-SOLVING PRE-ASSESSMENT

Complete this pre-assessment worksheet to identify areas of concern and brainstorm goals to build your problem-solving skills.

## Instructions:

- Read each statement.
- Place an X in the box that most closely describes you or your child.

### I can easily identify problems and when they start.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>				

### I can identify facts and gather relevant information.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>				

### I can get to the bottom of why problems start.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>				

### Finding multiple ways to complete a project is easy for me.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>				

### Others think my solutions to problems are creative.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>				

### Most times I evaluate the pros and cons before I take the next step.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>				

### When I decide on a solution to a problem, I know how to implement it.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>				

## SCORING:

Using the scoring guide below, calculate the total score:

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>

## TOTAL SCORE

### 0-10

My problem-solving and other executive functioning skills are likely causing challenges in all areas of my life. There are likely significant benefits if I can learn new skills.

### 11-20

My problem-solving and other executive functioning skills are likely causing challenges in at least one area of my life. There are likely some benefits to learning new skills.

### 21+

My problem-solving skills are well-developed. If I'm still having challenges, I may have other executive functioning skills to focus on.

## MY NEXT STEPS:

For items that scored 0 or 1, what are some goals or next steps to take action on?

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# FLEXIBILITY

## PRE-ASSESSMENT

Complete this pre-assessment worksheet to identify areas of concern and brainstorm goals to build your flexibility skills.

### Instructions:

- Read each statement.
- Place an X in the box that most closely describes you or your child.

#### I recognize problems and make changes to fix them.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>				

#### I'm okay if things change unexpectedly.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>				

#### Switching between tasks is easy for me.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>				

#### I accept other's ideas even if they're different from my own.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>				

#### I can easily adjust to different rules and different expectations.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>				

#### I don't mind if things go wrong or if I have to try a different way to solve a problem.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>				

#### I'm okay if I can't control things or when others make choices for me.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>				

### SCORING:

Using the scoring guide below, calculate the total score:

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>

### TOTAL SCORE

#### 0-10

My flexibility other executive functioning skills are likely causing challenges in all areas of my life. There are likely significant benefits if I can learn new skills.

#### 11-20

My flexible thinking and other executive functioning skills are likely causing challenges in at least one area of my life. There are likely some benefits to learning new skills.

#### 21+

My flexible thinking skills are well-developed. If I'm still having challenges, I may have other executive functioning skills to focus on.

### MY NEXT STEPS:

For items that scored 0 or 1, what are some goals or next steps to take action on?

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# WORKING MEMORY PRE-ASSESSMENT

Complete this pre-assessment worksheet to identify areas of concern and brainstorm goals to build your working memory.

## Instructions:

- Read each statement.
- Place an X in the box that most closely describes you or your child.

**I pay close attention to details to avoid mistakes.**

NEVER RARELY SOMETIMES OFTEN ALWAYS

<input type="checkbox"/>				
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**I have strong reading and math skills.**

NEVER RARELY SOMETIMES OFTEN ALWAYS

<input type="checkbox"/>				
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**I can remember multiple instructions for tasks.**

NEVER RARELY SOMETIMES OFTEN ALWAYS

<input type="checkbox"/>				
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**Others say I have a good attention span.**

NEVER RARELY SOMETIMES OFTEN ALWAYS

<input type="checkbox"/>				
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**I can see chores, homework, and tasks through to the end.**

NEVER RARELY SOMETIMES OFTEN ALWAYS

<input type="checkbox"/>				
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**I don't often forget what I'm doing or get lost in the middle of a task.**

NEVER RARELY SOMETIMES OFTEN ALWAYS

<input type="checkbox"/>				
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**I can keep track of lots of facts and information and recall them when I need it.**

NEVER RARELY SOMETIMES OFTEN ALWAYS

<input type="checkbox"/>				
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## SCORING:

Using the scoring guide below, calculate the total score:

NEVER

RARELY

SOMETIMES

OFTEN

ALWAYS

0

1

2

3

4

## TOTAL SCORE

### 0-10

My working memory and other executive functioning skills are likely causing challenges in all areas of my life. There are likely significant benefits if I can learn new skills.

### 11-20

My working memory and other executive functioning skills are likely causing challenges in at least one area of my life. There are likely some benefits to learning new skills.

### 21+

My working memory is well-developed. If I'm still having challenges, I may have other executive functioning skills to focus on.

## MY NEXT STEPS:

For items that scored 0 or 1, what are some goals or next steps to take action on?

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# EMOTIONAL CONTROL PRE-ASSESSMENT

Complete this pre-assessment worksheet to identify areas of concern and brainstorm goals to build your emotional control.

## Instructions:

- Read each statement.
- Place an X in the box that most closely describes you or your child.

**When bad things happen, I bounce back easily.**

NEVER RARELY SOMETIMES OFTEN ALWAYS

<input type="checkbox"/>				
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**I control my temper.**

NEVER RARELY SOMETIMES OFTEN ALWAYS

<input type="checkbox"/>				
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**I handle frustration in healthy ways.**

NEVER RARELY SOMETIMES OFTEN ALWAYS

<input type="checkbox"/>				
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**Others say I have good patience.**

NEVER RARELY SOMETIMES OFTEN ALWAYS

<input type="checkbox"/>				
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**When I get upset, it's easy for me to calm down and get back to work.**

NEVER RARELY SOMETIMES OFTEN ALWAYS

<input type="checkbox"/>				
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**I avoid saying things to 'get back' or hurt someone when I'm upset.**

NEVER RARELY SOMETIMES OFTEN ALWAYS

<input type="checkbox"/>				
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**I have a high tolerance for frustration. I can work through difficult things.**

NEVER RARELY SOMETIMES OFTEN ALWAYS

<input type="checkbox"/>				
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## SCORING:

Using the scoring guide below, calculate the total score:

NEVER

RARELY

SOMETIMES

OFTEN

ALWAYS

0

1

2

3

4

## TOTAL SCORE

### 0-10

My emotional control and other executive functioning skills are likely causing challenges in all areas of my life. There are likely significant benefits if I can learn new skills.

### 11-20

My emotional control and other executive functioning skills are likely causing challenges in at least one area of my life. There are likely some benefits to learning new skills.

### 21+

My emotional control is well-developed. If I'm still having challenges, I may have other executive functioning skills to focus on.

## MY NEXT STEPS:

For items that scored 0 or 1, what are some goals or next steps to take action on?

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# IMPULSE CONTROL PRE-ASSESSMENT

Complete this pre-assessment worksheet to identify areas of concern and brainstorm goals to build your impulse control.

## Instructions:

- Read each statement.
- Place an X in the box that most closely describes you or your child.

### I read and follow instructions carefully.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>				

### I think about decisions before I make them.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>				

### I'm okay waiting for something I really want, even if it's hard.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>				

### I like to think before I speak.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>				

### It's best not to take action until you have all the facts.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>				

### I avoid jumping to conclusions.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>				

### Others describe me as consistent and reliable.

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
<input type="checkbox"/>				

## SCORING:

Using the scoring guide below, calculate the total score:

NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
0	1	2	3	4

## TOTAL SCORE

### 0-10

My impulse control and other executive functioning skills are likely causing challenges in all areas of my life. There are likely significant benefits if I can learn new skills.

### 11-20

My impulse control and other executive functioning skills are likely causing challenges in at least one area of my life. There are likely some benefits to learning new skills.

### 21+

My impulse control is well-developed. If I'm still having challenges, I may have other executive functioning skills to focus on.

## MY NEXT STEPS:

For items that scored 0 or 1, what are some goals or next steps to take action on?

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# ATTENTIONAL CONTROL PRE-ASSESSMENT

Complete this pre-assessment worksheet to identify areas of concern and brainstorm goals to build your attentional control.

## Instructions:

- Read each statement.
- Place an X in the box that most closely describes you or your child.

### I can easily complete tasks with lots of steps.

NEVER RARELY SOMETIMES OFTEN ALWAYS

<input type="checkbox"/>				
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### I work carefully and avoid rushing through tasks.

NEVER RARELY SOMETIMES OFTEN ALWAYS

<input type="checkbox"/>				
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### I can power through a task even if it's boring.

NEVER RARELY SOMETIMES OFTEN ALWAYS

<input type="checkbox"/>				
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### I focus on homework and chores without getting sidetracked.

NEVER RARELY SOMETIMES OFTEN ALWAYS

<input type="checkbox"/>				
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### Once I start on a task, I can work straight through to the end.

NEVER RARELY SOMETIMES OFTEN ALWAYS

<input type="checkbox"/>				
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### If I get interrupted in the middle of a task, I can easily pick up where I left off.

NEVER RARELY SOMETIMES OFTEN ALWAYS

<input type="checkbox"/>				
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### I can focus on my work even when others are talking around me.

NEVER RARELY SOMETIMES OFTEN ALWAYS

<input type="checkbox"/>				
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## SCORING:

Using the scoring guide below, calculate the total score:

NEVER

RARELY

SOMETIMES

OFTEN

ALWAYS

0

1

2

3

4

## TOTAL SCORE

### 0-10

My attentional control and other executive functioning skills are likely causing challenges in all areas of my life. There are likely significant benefits if I can learn new skills.

### 11-20

My attentional control and other executive functioning skills are likely causing challenges in at least one area of my life. There are likely some benefits to learning new skills.

### 21+

My attentional control is well-developed. If I'm still having challenges, I may have other executive functioning skills to focus on.

## MY NEXT STEPS:

For items that scored 0 or 1, what are some goals or next steps to take action on?

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# SELF-MONITORING PRE-ASSESSMENT

Complete this pre-assessment worksheet to identify areas of concern and brainstorm goals to build your self-monitoring skills.

## Instructions:

- Read each statement.
- Place an X in the box that most closely describes you or your child.

### I try to get better at things over time.

NEVER RARELY SOMETIMES OFTEN ALWAYS

<input type="checkbox"/>				
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### I can "read" situations and adjust my behavior if needed.

NEVER RARELY SOMETIMES OFTEN ALWAYS

<input type="checkbox"/>				
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### I can see problems from others' perspectives.

NEVER RARELY SOMETIMES OFTEN ALWAYS

<input type="checkbox"/>				
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### I don't mind feedback and criticism because it helps me improve.

NEVER RARELY SOMETIMES OFTEN ALWAYS

<input type="checkbox"/>				
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### I can step back from a situation and evaluate what's not working right.

NEVER RARELY SOMETIMES OFTEN ALWAYS

<input type="checkbox"/>				
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### I regularly evaluate my progress and try to adjust my plans.

NEVER RARELY SOMETIMES OFTEN ALWAYS

<input type="checkbox"/>				
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### I'm open to making changes in order to do a better job.

NEVER RARELY SOMETIMES OFTEN ALWAYS

<input type="checkbox"/>				
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## SCORING:

Using the scoring guide below, calculate the total score:

NEVER

RARELY

SOMETIMES

OFTEN

ALWAYS

0

1

2

3

4

## TOTAL SCORE

### 0-10

My self-monitoring and other executive functioning skills are likely causing challenges in all areas of my life. There are likely significant benefits if I can learn new skills.

### 11-20

My self-monitoring and other executive functioning skills are likely causing challenges in at least one area of my life. There are likely some benefits to learning new skills.

### 21+

My self-monitoring skills are well-developed. If I'm still having challenges, I may have other executive functioning skills to focus on.

## MY NEXT STEPS:

For items that scored 0 or 1, what are some goals or next steps to take action on?

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