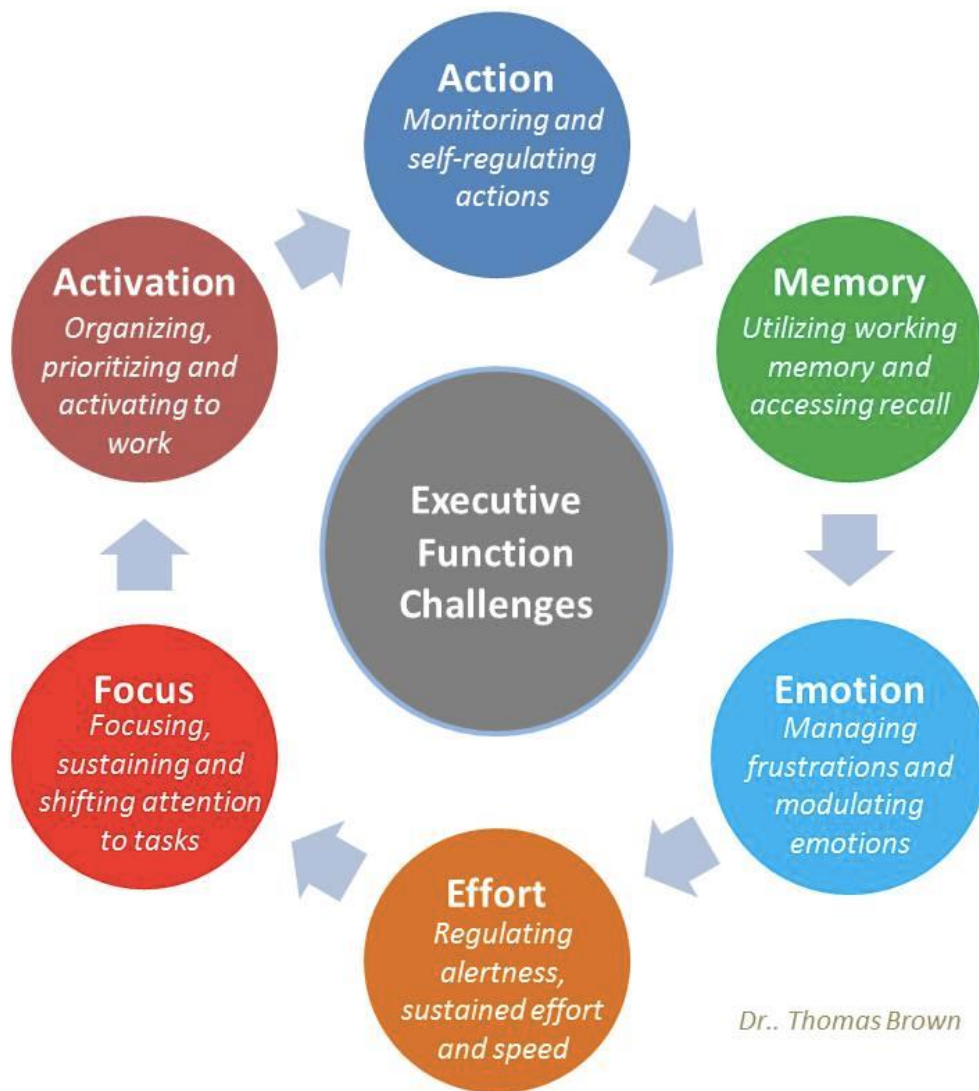


SPARK FOCUS

WHAT ARE EXECUTIVE FUNCTIONS?

Executive functions are like the Board Members or Executive Staff of the brain! They're in charge of making sure things get done from the planning stages of any given task to the final deadline. They help to regulate planning, prioritizing, impulse control, flexibility, working memory, self-regulation, task initiation and overall organization.

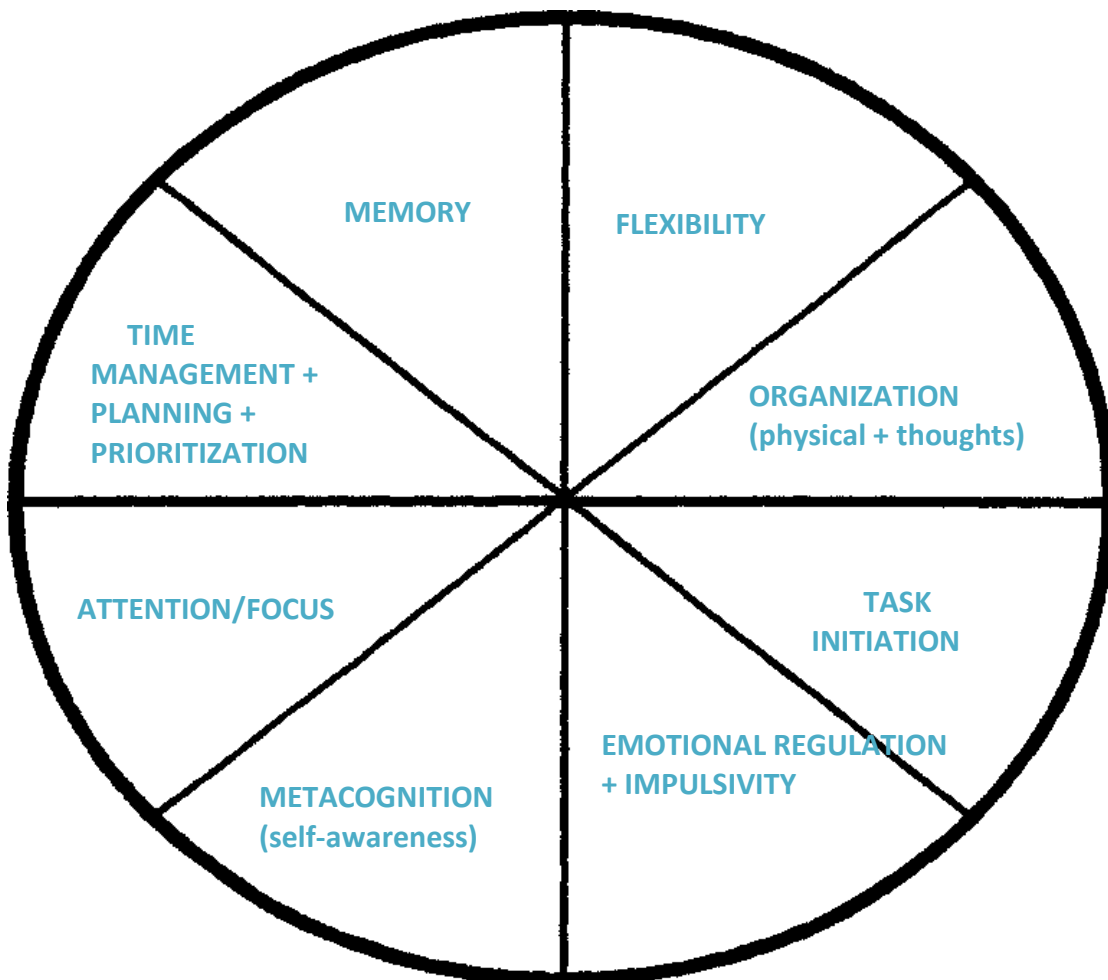


SPARK FOCUS

THE EXECUTIVE FUNCTION WHEEL

DIRECTIONS

To understand more clearly the impact that your learning differences or executive function challenges are having on your life, rate yourself on a scale from “1” to “10” in terms of how well you feel you are managing that particular area. “1” is at the circle center, “10” is at the outer edge. For instance, a “1” would be that you are not managing that area well and a “10” would be that you are managing that area well. Draw a line within each pie section and write the corresponding number to indicate your personal rating.



Derived from Laurie Dupar's Coaching for ADHD: "The ADHD WHEEL"