

Executive Function Checklist

*Helping families identify strengths and areas for growth
in executive functioning skills.*

Completed by: _____

Date: _____

SKILL	YES	SOMETIMES	NOT YET
 ORGANIZATION & PLANNING - Uses a planner or calendar - Brings needed materials - Keeps workspace organized - Turns in assignments on time - Breaks projects into steps - Uses reminders or alarms	☐ ☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐
 TASK INITIATION & PERSISTENCE - Starts tasks independently - Completes homework with minimal prompting - Persists through difficult tasks - Finishes chores independently - Checks work before submitting	☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐
 WORKING MEMORY & FOLLOWING DIRECTIONS - Follows multi-step directions - Manages personal belongings - Follows routines independently	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐
 EMOTIONAL REGULATION & FLEXIBILITY - Uses calming strategies - Accepts feedback appropriately - Recovers from frustration - Requests help when needed	☐ ☐ ☐ ☐	☐ ☐ ☐ ☐	☐ ☐ ☐ ☐
 SELF-ADVOCACY & INDEPENDENCE - Communicates needs respectfully - Participates in goal setting	☐ ☐	☐ ☐	☐ ☐



Remember:

Executive functioning skills develop over time.
Growth matters more than perfection.



NEED SUPPORT?

You don't have to navigate this alone.
I'm here to help your child build skills and confidence
for a brighter tomorrow.

Let's work together!

Visit: www.BuildingABrighterTomorrow.com

Email: contact@drjasminesadler.com

Book a Consultation: Let's create a plan that works for your family.