

# EXECUTIVE FUNCTION CHECKLIST

This checklist is a way to remind yourself of some basic skills you can use when you're struggling with your executive function. Use it in the moment: if you're having a hard time starting something, transitioning, staying focused, or getting organized, take a look at these reminders and see if you need to take care of your body. You'll be surprised at how often it helps!

- Are you hungry? Have a snack or eat a meal!
- Are you thirsty? Make sure you've hydrated.
- Are you tired? Take a quick nap.
- Have you moved your body recently? Try going for a walk.
- Have you taken your meds? If not, go do that!