



# Executive Functioning Skills

## Perseverance

- I tend to put things off, I procrastinate.
- I have a hard time sticking to things.
- If I don't enjoy doing it, it takes me a long time to finish it.
- If it is too hard, I don't tend to 'stick with it'.
- I don't have the patience for things that are too hard or require too much effort.
- I avoid challenges rather than approach them.
- I'll finish it tomorrow or later, I don't feel like it now.

Sometimes Always Never

Sometimes	Always	Never

For each tick in sometimes or always complete the following:  
*I need to do less of and I need to do more of:*