



Executive Functioning Skills

Working Memory

- I usually don't remember the details.
- I usually ask for things to be repeated.
- I am quite forgetful.
- Sometimes, in the middle of things, I forget what I am supposed to be doing.
- My mind wonders all over the place.
- I have a hard time remembering details and steps
- I often forget items like homework, shoes for gym, lunch...

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: