



Executive Functioning Skills

Time Management

Sometimes Always Never

- I get distracted easily and don't always start work and chores in a timely manner.
- I stick to my schedule and don't like it to be disrupted.
- I need to learn better time management skills.
- My assignments and daily tasks are sometimes late.
- I tend to miss deadlines or ask for extensions.
- I need to plan ahead better.
- I often mis-judge how long some things will take to do.
- I often put things off, starting at the last minute.
- I tend to waste time instead doing things I need to do.

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: