

# 10 Executive Function Reflection Questions for Personal Growth

1. **What was my top priority this week? Did I give it enough focus?**

→ Helps clarify alignment between values and time/energy investment.

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2. **What task was the hardest to get started on—and what finally got me going?**

→ Builds insight into task initiation challenges and internal motivators.

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3. **When I felt overwhelmed or frustrated, how did I respond—and what helped me recover?**

→ Develops emotional regulation strategies and resilience.

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4. **What's something I'm proud of from this week—no matter how small?**

→ Reinforces positive self-perception and builds momentum.

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5. **Did I plan ahead effectively, or did I feel like I was reacting all week?**

→ Encourages proactive thinking and planning skills.

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6. **What kept pulling my attention away from what mattered most?**

→ Increases awareness of distractions and impulse control patterns.

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**7. Was there anything I avoided, and why?**

→ Promotes reflection on procrastination, fear, or lack of clarity.

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**8. What helped me stay grounded, focused, or calm this week?**

→ Highlights regulation tools and reinforces using them consciously.

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**9. Which executive function skill felt strongest this week? Which felt most challenging?**

→ Builds a language of self-understanding around strengths and growth areas.

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**10. What's one tiny thing I can do differently next week to support myself better?**

→ Encourages continuous, compassionate progress without pressure for perfection.

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