

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.

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.

3. **When I felt overwhelmed or frustrated, how did I respond—and what helped me recover?**
→ Develops emotional regulation strategies and resilience.

4. **What's something I'm proud of from this week—no matter how small?**
→ Reinforces positive self-perception and builds momentum.

5. **Did I plan ahead effectively, or did I feel like I was reacting all week?**
→ Encourages proactive thinking and planning skills.

6. **What kept pulling my attention away from what mattered most?**
→ Increases awareness of distractions and impulse control patterns.

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

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

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

→ Highlights regulation tools and reinforces using them consciously.

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

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

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

→ Encourages continuous, compassionate progress without pressure for perfection.
