

33 Executive Function Weekly Reflection Questions PDF

Organized by EF domain to encourage a balanced, skill-building mindset:

Time Management

- What time of day felt most productive for me this week? Why?
- Were there moments when I felt rushed or behind? What led to that?
- Did I estimate time accurately for most tasks?
- How did I handle transitions between activities?

Planning & Prioritization

- What was my top priority this week? Did I give it enough focus?
- Did I plan ahead effectively, or did I feel reactive?
- What helped me decide what to work on first?
- Was there anything I kept putting off? Why?

Working Memory

- Did I forget anything important this week? What might help next time?
- Were there any moments I lost track of steps in a task or conversation?
- What strategies helped me keep things in mind (notes, reminders, visuals)?

Cognitive Flexibility

- How well did I adapt when plans changed?
- Was I able to shift between tasks or ideas easily?
- Did I try any new approaches when something wasn't working?

Perseverance

- What was the hardest task I stuck with this week?
- Did I give up on anything that still matters to me?
- When I felt discouraged, what helped me keep going?

Task Initiation

- What task was the hardest to get started on?
- What finally got me going?
- Is there anything I could prep ahead next time to make starting easier?

Organization

- How did I keep track of my plans, tasks, or stuff this week?
- Was there any system or tool that helped me stay organized?
- What area of my space or schedule felt most chaotic?

Impulse Control

- Were there any moments I reacted too quickly or impulsively?
- What helped me pause or choose a more helpful response?
- Did I follow through with intentions, or get sidetracked by distractions?

Emotional Regulation

- What emotions came up strongly this week?
- How did I respond to stress, frustration, or overwhelm?
- What helped me calm down or stay steady?

Wrap-Up Reflection

- What executive function skill felt strongest this week?
- Which one do I want to focus on improving next week?
- What's something I'm proud of from this week?
- What's one tiny thing I can do differently next week?