

EXECUTIVE FUNCTION EXAMPLES — IDENTIFICATION WORKSHEET

A practical, clarity-building exercise for recognizing EF skills in real life.

Instructions:

Read each scenario. Then write down which executive function skill(s) are involved.

Choose from the nine core domains:

Working Memory, Planning & Prioritization, Organization, Task Initiation, Time Management, Cognitive Flexibility, Emotional Regulation, Impulse Control, Perseverance.

(Some scenarios will include more than one EF skill—write all that apply.)

Daily Life Scenarios

Scenario 1

You walk into the kitchen to grab something, but by the time you get there, you've forgotten what it was.

Which EF skill(s) are involved?

Scenario 2

You need to clean your living room, but you don't know where to start because everything feels equally important.

Which EF skill(s) are involved?

Scenario 3

You start doing the dishes, leave halfway through to switch laundry, then begin reorganizing a cabinet—none of the tasks get finished.

Which EF skill(s) are involved?

Scenario 4

You have a bill due today, but even though you know it's important, you keep avoiding opening the email and paying it.

Which EF skill(s) are involved?

Scenario 5

You planned to leave the house by 2:00, but you didn't start getting ready until 2:10 because time got away from you.

Which EF skill(s) are involved?

Scenario 6

You're making dinner when someone asks you a question. You answer, turn back to the stove, and instantly forget which step you were on.

Which EF skill(s) are involved?

Scenario 7

You had a plan for your day, but one unexpected event completely derails you, and it's hard to recover or pivot.

Which EF skill(s) are involved?

Scenario 8

You want to start a work project but can't bring yourself to open the document—even though you know exactly what you need to do.

Which EF skill(s) are involved?

Scenario 9

You promise a friend you'll text them back later, but you forget until three days pass and feel terrible about it.

Which EF skill(s) are involved?

Scenario 10

You feel yourself getting overwhelmed during a conversation and snap at someone before you can stop yourself.

Which EF skill(s) are involved?

Scenario 11

You're working on a frustrating task and want to quit halfway through even though it's almost done.

Which EF skill(s) are involved?

Scenario 12

You keep losing your keys, wallet, or phone because you put them down in different places every time.

Which EF skill(s) are involved?

Work & School Scenarios

Scenario 13

You open your inbox, see multiple new emails, and instantly feel overwhelmed because you don't know which one to respond to first.

Which EF skill(s) are involved?

Scenario 14

You're given multi-step instructions in a meeting but can't remember all of them by the time you sit down at your desk.

Which EF skill(s) are involved?

Scenario 15

You underestimate how long a report will take, leading to a rushed, stressful deadline push.

Which EF skill(s) are involved?

Scenario 16

You get interrupted while working and have difficulty getting back into the task afterward.

Which EF skill(s) are involved?

Scenario 17

You know a project has several moving parts but struggle to break it into steps or create an order that makes sense.

Which EF skill(s) are involved?

SECTION 3 — Relationships & Emotional Scenarios

Scenario 18

You intend to call someone back, but unless you write it down immediately, the thought slips out of your mind entirely.

Which EF skill(s) are involved?

Scenario 19

Minor feedback from a partner or coworker feels overwhelming, embarrassing, or panic-inducing.

Which EF skill(s) are involved?

Scenario 20

You planned to do something nice (text someone, buy a gift, check in), but without a reminder you completely forgot.

Which EF skill(s) are involved?

Scenario 21

You try to explain your feelings, but the longer the discussion goes, the harder it becomes to organize your thoughts.

Which EF skill(s) are involved?

Scenario 22

Your partner changes weekend plans unexpectedly, and you feel thrown off, stressed, or irritated even though the change is small.

Which EF skill(s) are involved?

Interpretation (Reflection)

Patterns I Noticed in My Answers:

Which EF Skills Showed Up Most Often?

Which Domains May Need More Support?
