

“what’s going on?”

33 questions. about ten minutes.

1. answer all 33. write a number in each box.
2. think about the last few months, not your best week or your worst one.
3. add up each block of three, then use the key on the back.

it's just for you. the only way to get it wrong is not to be honest.

1 never · 2 rarely · 3 sometimes · 4 often · 5 all the time

1. i can tell you everything that needs doing but not what order to do it in
2. i work out the steps as i go rather than before i start
3. i pick what to work on based on whatever i was most recently reminded of

total

4. i spend a decent chunk of my day looking for things
5. i put things away by moving them to a different surface
6. i end up buying a second one of something because i can't find the first

total

7. i think something will take twenty minutes and it takes an hour and a half
8. i look up and it's a completely different time to what i thought
9. i'm late to things i actually want to go to

total

10. i put off small admin (a form, a phone call) until it turns into big admin
11. i need a deadline to be properly close before i can start
12. i tell someone i'm about to start and then don't start for an hour

total

13. i'm on the same task all afternoon but have done about forty minutes of it
14. i read the same line three times while thinking about something else
15. i need a second thing on (a video, a podcast) or i can't do the first thing

total

16. i get my phone out and forget what i got it out for
17. someone gives me three things to do and i get the first one and the general vibe of the rest
18. i lose what i was saying halfway through saying it

total

19. i answer before the other person has finished their question
20. i buy things on impulse
21. i say things i regret about ten seconds later

total

keep going

same as before. write a number in each box, then add up each block of three.

1 never · 2 rarely · 3 sometimes · 4 often · 5 all the time

22. a bit of criticism affects the rest of my day	
23. when i'm already wound up i can take it out on other people	
24. i'm still wound up about something hours after everyone else has moved on	
total	
25. a change of plan at short notice writes off the rest of my day	
26. if i know my way works, i don't like trying to change it	
27. i need to know how something's going to go before i'm comfortable doing it	
total	
28. i'm really into something for two weeks and then that's it	
29. i buy the kit for a new hobby and use it about four times	
30. i move the goalposts so i can feel good about reaching them	
total	
31. i only notice i'm overloaded once i'm already overloaded	
32. i say i'll do it differently next time and never check whether i did	
33. i have a good week and can't tell you why, and then have a bad week out of nowhere	
total	

the key

put each total in the box next to its skill.

1-3 planning and prioritisation		19-21 response inhibition	
4-6 organisation		22-24 emotional regulation	
7-9 time management		25-27 cognitive flexibility	
10-12 task initiation		28-30 goal-directed persistence	
13-15 sustained attention		31-33 metacognition	
16-18 working memory			

11 or over is where the friction is.

6 or under is a relative strength. easier for you than the rest, which doesn't always mean easy.

what you just filled in

executive function is the set of skills your brain uses to get things done. there are eleven of them, and most people are good at some and not others. that's why "just be more organised" never works.

skills kit

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