

## Executive Skills Approach Worksheet



### Your Goal

Think about a goal you would like to accomplish by March 31st. Write or draw your goal below.

Why is this goal important to you?



### Your Executive Skills Profile

What are your top 3 Executive Skills strengths? \_\_\_\_\_

*Reflect:* How might these strengths result in behaviors that *help* you progress towards your goal?

What are your bottom 3 Executive Skills struggles? \_\_\_\_\_

*Reflect:* How might these struggles result in behaviors that *hinder* your progress towards your goal?



### Reframe your goal as a SMART Goal



### Environmental Modifications

What are some potential modifications you can make to your environment (physical environment, routine process, people around you, tools or technology) that mitigate your ES struggles when they arise?



### Incentives

When I accomplish my SMART goal, I will celebrate by...



### You can do it!

How confident am I that I can complete my goal? 1 2 3 4 5 6 7 8 9 10  
(not confident) (very confident)