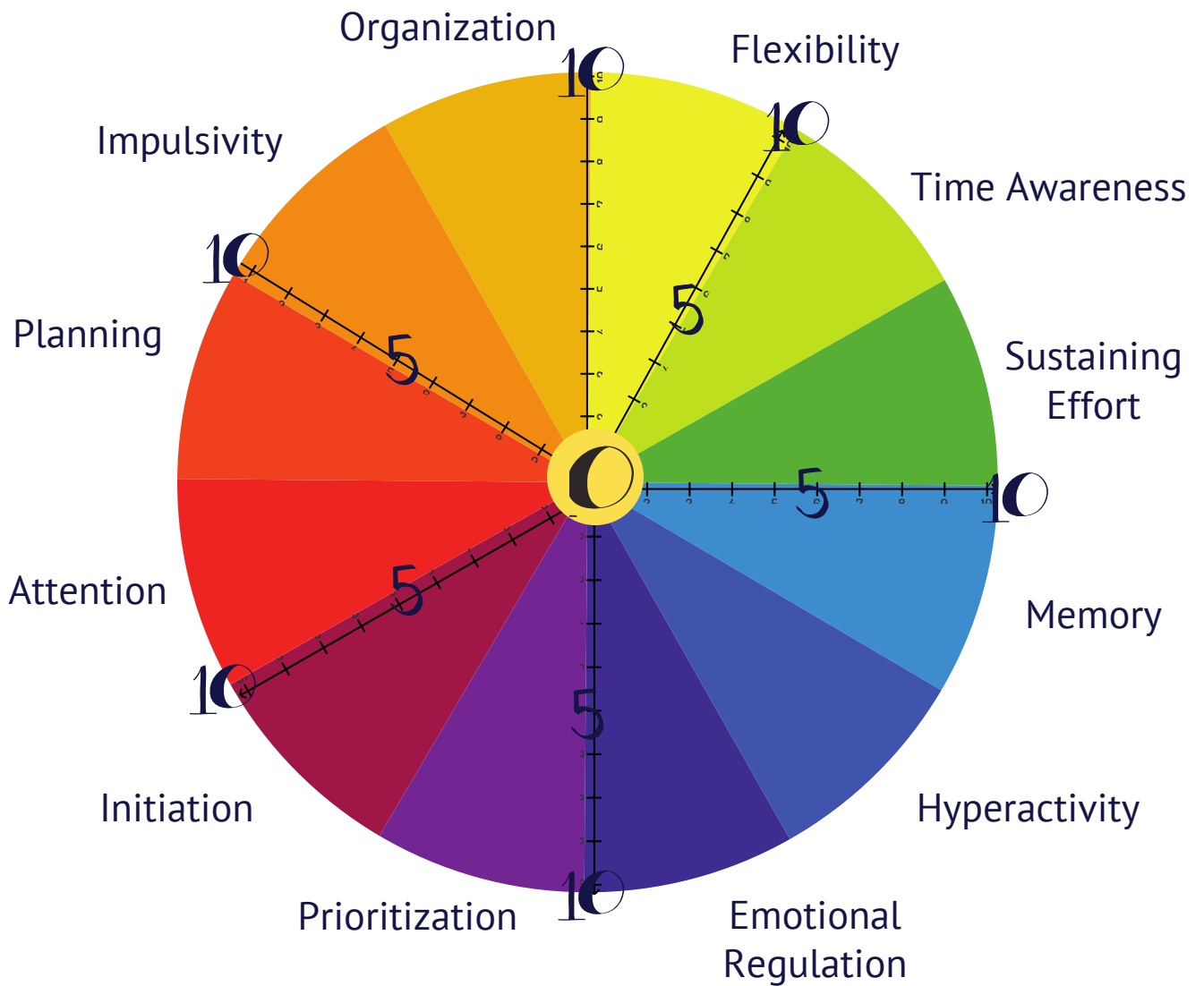


# Executive Function Wheel



## Directions to Complete Your Wheel

Consider each area of the wheel and rate yourself from "0" to "10" based on how well you currently manage it. A "0" would mean you think you are not managing that area well at all. A "10" would mean you think you are managing that area very well.

Next, write the number next to that area on the wheel. Draw a line across that area that corresponds with the number. It will look something like the wheel on the right when you are complete.

