

Executive Functioning Wheel



Directions to Complete Your Wheel

Consider each area of the 'Executive Function Wheel' and rate each area from a "0" to "10" based on how well you are currently managing that specific executive function. A "0" would mean you are experiencing struggles in that area and are not presently managing it well. A "10" would mean you are not experiencing challenges in that area now.

Next, write the number next to the section of the wheel.

Finally, draw a line across that section that corresponds with the number. It will look something like the wheel on the right when you are complete.

