

Executive Skills Questionnaire

LCIRT – based on Thomas E. Brown’s EF Model; Adapted from Dawson & Guare

Read each item below and rate that item by the extent to which you agree or disagree with how well it describes you. Use the rating scale below to choose the appropriate score. Then add the scores in each section. Use the Key on page 2 to determine your executive skill strengths (2-3 highest scores) and weakness (2-3 lowest scores.)

Strongly disagree	1	Neutral	4	Strongly Agree	7
Disagree	2	Tend to agree	5		
Tend to disagree	3	Agree	6		

- 1. No matter what the task, I believe in getting started as soon as possible _____
- 2. Procrastination is not usually a problem for me _____
- 3. I seldom leave tasks for the last minute _____
- 4. I usually have no trouble deciding which tasks are most important _____

Your total score _____

- 5. I find it easy to stay focused on my work _____
- 6. Even when interrupted I find it easy to get back and finish the job at hand _____
- 7. When I have a lot to do, I can easily focus on the most important things _____
- 8. I have no trouble shifting my focus when it’s time to change tasks _____

Your total score _____

- 9. When I plan my day I identify priorities and stick to them _____
- 10. Once I start an assignment or project I work diligently until it’s completed _____
- 11. I typically break big tasks down into subtasks and timelines _____
- 12. I usually get enough sleep and feel rested when I work on projects _____

Your total score _____

13. My emotions seldom get in the way when performing tasks _____

14. Little things do not affect me emotionally or distract me from the task at hand _____

15. I can defer my personal feelings until after a task has been completed _____

16. When things get tough I don't get overly frustrated, but try a different approach _____

Your total score _____

17. I have a good memory of facts, dates and details _____

18. I am very good at remembering the things I have committed to do _____

19. I seldom need reminders to complete tasks _____

20. I'm not afraid of losing my train of thought when taking part in discussions _____

Your total score _____

21. I am good at maintaining systems for organizing my work _____

22. I routinely evaluate my performance and devise methods for improvement _____

23. I am able to step back from a situation to make objective decisions _____

24. I "read" situations well and can adjust my behavior based on the reactions of others _____

Your total score _____

KEY	
Items	Executive Skills
1 -4	Activation
5 -8	Focus
9 - 12	Effort
13 - 16	Emotional Regulation
17 - 20	Memory
21 - 24	Action/Behavior Monitoring

Strongest Skills

Weakest Skills

