

## 40 Key Executive Function Skills Categorized by Life Skills



### **Leadership**

*The ultimate expression of executive function skills, requiring the use of all of the executive function skills listed below (best read developmentally from the bottom up)*

### **Efficacy**

Being creative • Working toward a goal • Organizing actions and thoughts • Considering future consequences in light of current action • Making hypotheses, deductions, and inferences • Applying former approaches to new situations • Defining a problem • Analyzing • Creating mental images • Generating possible solutions • Anticipating • Predicting outcomes • Evaluating

### **Empowerment**

Catching and correcting errors • Setting goals • Managing time • Self-assessing • Monitoring performance • Reflecting on goals

### **Collaboration**

Seeing multiple sides to a situation • Being open to others' points of view • Maintaining social appropriateness • Overcoming temptation

### **Engagement**

Identifying same and different • Following multiple steps • Identifying cause-and-effect relationships • Categorizing information • Changing perspective • Thinking about multiple concepts simultaneously • Initiating a task • Persisting in a task

### **Conscious Control**

Storing and manipulating visual and verbal information • Remembering details • Holding on to information while considering other information • Shifting focus from one event to another • Attending to a person or activity • Focusing • Concentrating • Thinking before acting • Managing conflicting thoughts