

# 8 Executive Functions.

---

## Self-Control

The ability to stop and think before acting

## Self-Monitor

The ability to view and evaluate oneself

## Emotional Control

The ability to manage feelings to achieve goals and complete tasks

## Flexibility

The ability to adapt to changing conditions by revising plans or changing strategies

## Task Initiation

The ability to start and finish tasks without procrastinating

## Planning

The ability to create steps to reach a goal

## Working Memory

The ability to use information held in memory to complete a task

## Organization

The ability to develop and use systems to keep track of materials and information