FACT SHEET

Executive Skills: Why Some Things Are Harder Than They Look

A way to identify the demand before choosing a strategy

Executive skills help you...

manage what you are doing, especially when a task requires several kinds of self-management.

- get started
- remember what you are doing
- stay with something
- plan steps and priorities
- keep track of time

A task may be asking you to...

- remember without a reminder
- decide where to begin
- estimate time
- switch away from something interesting
- hold several steps in mind
- make decisions
- organize materials
- keep going after motivation fades

Your profile can be uneven

You may plan well but struggle to start. You may start easily but lose track of time. You may create a great system but struggle to maintain it.

ADHD can affect several executive skills, but not everyone has the same pattern.

Try a different question

Instead of: Why can't I do this?

What is this task asking my brain to do?

Once you identify the demand, you can look for support that fits it.

The task can be genuinely difficult without the difficulty being a character flaw.