**A Look at How You Organize Things, React to Things, and Get Things Done[[1]](#footnote-1)**

You may have never heard of **“Executive skills”** but they are skills that you use every day -- we’re all good at some and not so good at others. They are skills we use to manage our life and achieve our goals. They help us accomplish big goals, like completing a training program, or saving for a down payment for a house. They also help us achieve smaller goals like getting to work on time or completing the paperwork to get childcare.

This profile will help you get to know yourself better by looking at how well you:

* Organize Things
* React to Things
* Get Things Done

**INSTRUCTIONS**

1. Read each item and then think about how well it describes you. Use the rating scale to choose the best score. If the item doesn’t describe you at all, circle 1, *strongly disagree*. If it describes you very well, circle 6, *strongly agree*. Often, you’ll find that you’re somewhere in between so circle one of the numbers from 2 to 5 that describes you best. Be as honest as possible—the more honest you are, the more you’ll learn about yourself.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Organization** *(Knowing where I put things)* | 1Strongly disagree | 2Disagree | 3Tend to disagree | 4Tend to agree | 5Agree | 6Strongly Agree | Total |
| I am an organized person. | 1 | 2 | 3 | 4 | 5 | 6 | **12** |
| I keep my space neat and have things where they belong.  | 1 | 2 | 3 | 4 | 5 | 6 |
| I organize my work before I start doing it.  | 1 | 2 | 3 | 4 | 5 | 6 |

2. Total each section in the box on the right. Here’s an example:

3. Now, look back over your whole profile. Your highest scores indicate what you do easily (strengths). Your lowest scores are the areas that are harder for you (challenges). We’ll look at these more closely so that you can use your strengths and work through your weaknesses – to reach your goals.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Organization** *(Knowing where I put things)* | 1Strongly disagree | 2Disagree | 3Tend to disagree | 4Tend to agree | 5Agree | 6Strongly Agree | Total |
| I am an organized person. | 1 | 2 | 3 | 4 | 5 | 6 |  |
| I keep my space neat and have things where they belong.  | 1 | 2 | 3 | 4 | 5 | 6 |
| I organize my work before I start doing it.  | 1 | 2 | 3 | 4 | 5 | 6 |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Time Management** *(Knowing about how long a task will take and what the deadline is)* | 1Strongly disagree | 2Disagree | 3Tend to disagree | 4Tend to agree | 5Agree | 6Strongly Agree | Total |
| I finish what I set out to do by the end of the day. | 1 | 2 | 3 | 4 | 5 | 6 |  |
| I am good at guessing how long it takes to do something. | 1 | 2 | 3 | 4 | 5 | 6 |
| I am on time for appointments and activities. | 1 | 2 | 3 | 4 | 5 | 6 |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Planning / Prioritization** *(Deciding what steps to take)* | 1Strongly disagree | 2Disagree | 3Tend to disagree | 4Tend to agree | 5Agree | 6Strongly Agree | Total |
| I have a clear plan in mind for what I need to do each day.  | 1 | 2 | 3 | 4 | 5 | 6 |  |
| I focus on the most important things when I have a lot to do.  | 1 | 2 | 3 | 4 | 5 | 6 |
| I break big tasks down into smaller tasks and set deadlines to get everything done.  | 1 | 2 | 3 | 4 | 5 | 6 |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Response Inhibition** *(Seeing the consequence before I say or do something)*  | 1Strongly disagree | 2Disagree | 3Tend to disagree | 4Tend to agree | 5Agree | 6Strongly Agree | Total |
| I listen before I draw conclusions. | 1 | 2 | 3 | 4 | 5 | 6 |  |
| I think before I speak. | 1 | 2 | 3 | 4 | 5 | 6 |
| I get all the facts before I take action. | 1 | 2 | 3 | 4 | 5 | 6 |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Flexibility** *(Going with the flow, accepting change)* | 1Strongly disagree | 2Disagree | 3Tend to disagree | 4Tend to agree | 5Agree | 6Strongly Agree | Total |
| I respond well to unexpected events. | 1 | 2 | 3 | 4 | 5 | 6 |  |
| I easily adjust when plans change. | 1 | 2 | 3 | 4 | 5 | 6 |
| I am flexible and adjust well to new situations.  | 1 | 2 | 3 | 4 | 5 | 6 |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Emotional Control** *(Keeping my cool when frustrated)* | 1Strongly disagree | 2Disagree | 3Tend to disagree | 4Tend to agree | 5Agree | 6Strongly Agree | Total |
| I do what I am supposed to do, even if I get frustrated.  | 1 | 2 | 3 | 4 | 5 | 6 |  |
| I keep my cool, even if my feelings are hurt.  | 1 | 2 | 3 | 4 | 5 | 6 |
| I hold onto my temper.  | 1 | 2 | 3 | 4 | 5 | 6 |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Stress Tolerance** *(Managing your stress)* | 1Strongly disagree | 2Disagree | 3Tend to disagree | 4Tend to agree | 5Agree | 6Strongly Agree | Total |
| I enjoy working in a highly demanding, fast-paced environment. | 1 | 2 | 3 | 4 | 5 | 6 |  |
| A certain amount of pressure helps me to do my best. | 1 | 2 | 3 | 4 | 5 | 6 |
| I find it easy to manage a constantly changing work schedule.  | 1 | 2 | 3 | 4 | 5 | 6 |
| **Metacognition** *(Evaluating how you’re doing)* | 1Strongly disagree | 2Disagree | 3Tend to disagree | 4Tend to agree | 5Agree | 6Strongly Agree | Total |
| I can review a situation and see how I could improve. | 1 | 2 | 3 | 4 | 5 | 6 |  |
| I know when I am doing a good job. | 1 | 2 | 3 | 4 | 5 | 6 |
| I easily recognize when a job is a good match for my skills.  | 1 | 2 | 3 | 4 | 5 | 6 |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Task Initiation** *(Getting started without a delay)* | 1Strongly disagree | 2Disagree | 3Tend to disagree | 4Tend to agree | 5Agree | 6Strongly Agree | Total |
| No matter what the task, I believe in getting started as soon as possible. | 1 | 2 | 3 | 4 | 5 | 6 |  |
| I do things that I say I’ll do, without delay or putting things off.  | 1 | 2 | 3 | 4 | 5 | 6 |
| Even if interrupted, I finish jobs before the last minute.  | 1 | 2 | 3 | 4 | 5 | 6 |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Sustained Attention** *(Paying attention, even when I don’t feel like it)* | 1Strongly disagree | 2Disagree | 3Tend to disagree | 4Tend to agree | 5Agree | 6Strongly Agree | Total |
| I stay focused on what I am doing. | 1 | 2 | 3 | 4 | 5 | 6 |  |
| I keep working until the job is done. | 1 | 2 | 3 | 4 | 5 | 6 |
| I find it easy to get back on track and complete what I started. | 1 | 2 | 3 | 4 | 5 | 6 |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Goal-Directed Persistence** *(Sticking with your goal)* | 1Strongly disagree | 2Disagree | 3Tend to disagree | 4Tend to agree | 5Agree | 6Strongly Agree | Total |
| I am driven to meet my goals. | 1 | 2 | 3 | 4 | 5 | 6 |  |
| I give up short-term pleasures to work on long-term goals. | 1 | 2 | 3 | 4 | 5 | 6 |
| I set goals and I perform to my best ability. | 1 | 2 | 3 | 4 | 5 | 6 |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Working Memory** *(Remembering what I did and what I need to do)* | 1Strongly disagree | 2Disagree | 3Tend to disagree | 4Tend to agree | 5Agree | 6Strongly Agree | Total |
| I have a good memory for facts, dates and details.  | 1 | 2 | 3 | 4 | 5 | 6 |  |
| I am very good at remembering the things I am supposed to do.  | 1 | 2 | 3 | 4 | 5 | 6 |
| I set reminders to get things done.  | 1 | 2 | 3 | 4 | 5 | 6 |

1. Adapted from Peg Dawson and Richard Guare, Copyright Guilford Press (2012,2016). This adaptation was done in conjunction with the Center on Budget and Policy Priorities for use with employment and human service programs. [↑](#footnote-ref-1)