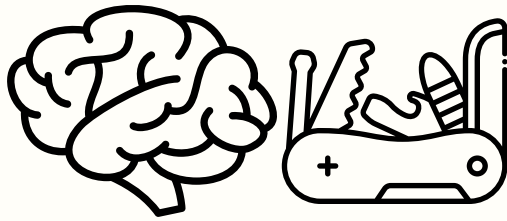


MIND TOOLS

DEVELOPING EXECUTIVE FUNCTION

skills to manage behavior in order to accomplish goals
to be more effective & successful at life



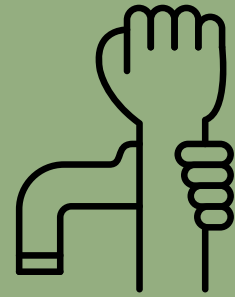
1 SELF-AWARENESS

practice mindfulness techniques to increase awareness | observing what you're doing **as** you're doing it | without judgement or criticism | keep returning to the present | we can't regulate our behavior if we're not aware of our behavior



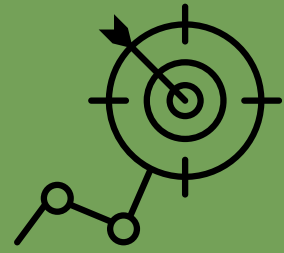
2 SELF-RESTRAINT

slow down | pause | stop yourself in the moment | reflect | is what I'm doing right now, aligned with my core values? | if not ask yourself, what is the next helpful step forward?



3 SELF-SENSING

utilize visual imagery to guide behavior | remember how it felt to accomplish a long-term goal | map out the plan, break it down step by step to get to that future goal | estimate the time it will take | consider your energy bank | plot the course into your calendar.



4 SELF-SPEECH

talk to yourself | remember how it felt to accomplish a goal or act in line with your core values | break it down | map out the steps you need to take to get there | estimate the time it will take. consider your energy bank | plot that into calendar



5 SELF-DIRECTED EMOTIONS

manage your reaction to the situation | consider intensity, duration & expression of each specific emotion | read the room | ask yourself, is this reaction disproportionate to the outside environment & people around you? | tune into your own sensory experience.



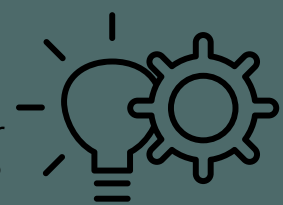
6 SELF-MOTIVATION

when difficulty arises with starting or completing a task imagine your future self | visualize how you will feel after accomplishing that goal | incorporate a motivational factor: novelty, gamify, incentive, recognition, or external accountability | connecting with your why can help to change the outcome.



7 PLANNING & PROBLEM SOLVING

experiment | think about a variety of options | invent or create multiple possibilities | which solves the problem? | allow the brain to imagine the future & create the outcome you want | this is known as mental play.



Mindfulness-based ADHD Coaching
Cultivating Self-Regulation, Resilience & Skillful Problem Solving