



The CEO Initiative™ Executive Function Audit™

Know Your Brain. Strengthen Your Leadership.

Why This Matters

The Executive Function Audit helps you identify patterns in how you think, plan, focus, regulate emotions, and follow through. By recognizing your strengths and opportunities for growth, you can intentionally strengthen the executive function skills that support success in school, work, relationships, and life.

CEO Insight:

Executive function transforms values into action. Every skill you strengthen increases your capacity to become the person you aspire to be.

*****There are no perfect scores. This audit is designed to identify your next opportunity for growth.**

Executive Function Skill	1 = Rarely	2 = Sometimes	3 = Often	4 = Almost Always
Task Initiation – I start important tasks.				
Response Inhibition – I pause before I react.				
Focus – I stay focused on the task.				
Time Management – I use my time wisely.				
Working Memory – I remember important information				
Cognitive Flexibility – I adapt when things change.				
Self-Regulation – I get myself back on track.				
Emotional Self-Control – I manage my emotions well.				
Task Completion – I finish what I start.				
Organization – I keep things organized.				

Reflection

My strongest executive function skill is: _____

The executive function skill I will intentionally strengthen is: _____

Why is this skill important for the person I am becoming? _____

My Development Plan

One intentional action I will practice every day this week: _____

The cue or reminder that will help me remember: _____

A challenge I may encounter and how I will respond: _____

Evidence I intend to create this week: _____

CEO Initiative™ Identity Development Pathway

Values → Executive Function Skills → Intentional Actions → Proof of Work → Reflection → Habits → Character → Identity → Life Outcomes

This pathway explains how intentional choices become lasting identity through consistent practice.