

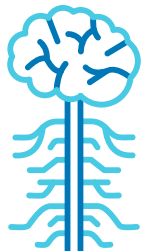
# EXECUTIVE FUNCTIONING MENU

## APPETIZERS (Getting Started):

- **Task Initiation- the “Just Do It” Starter**  
Take action to get started on tasks  
Pairs well with: A timer & external accountability
- **Planning & Prioritizing- The Game Plan Platter**  
Set and meet goals like a boss  
Served with: a side of realistic expectations

## SIDES (Support Your Main Course):

- **Working Memory- The Mental Sticky Note**  
Keep key info in mind while actually using it  
*Warning:* May disappear if you walk into another room
- **Organization- The “Where Did I Put That” Special**  
Keep track of things physically & mentally  
*Comes with:* Color-coded systems and lots of baskets
- **Dopamine- The “Maybe I’ll Actually Do It” Sauce**  
Essential ingredient for motivation and reward  
Low inventory is common (*see Dopamine Menu*)



## ENTREES (The Main Event):

- **Self-Monitoring- The Reality Check**  
Self-awareness of how you’re doing in the moment  
*Difficulty level:* Expert
- **Impulse Control- The “Pause & Consider Options” Challenge**  
Think before acting  
Not always available; may cause procrastination  
(order w/caution)
- **Emotional Control- The Thoughts/Feelings Regulator**  
Keeping feelings in check  
May require nervous system regulation strategies  
(*see Regulation Menu*)

## DESSERTS (The Icing on the Cake):

- **Flexible Thinking- The Plot Twist Pivot**  
Adjusting to unexpected changes  
Honor your limits with compassion

## SPECIALS (The Extra Extras):

- **Some sides you didn’t order but got, anyway**  
Grief, Trauma, Anxiety, Depression, Chronic Illness, Hormonal Fluctuations, Auditory Processing Challenges, Rejection Sensitivity, Demand Avoidance, Social Anxiety, Dyspraxia, Dyslexia, Addictions, etc.



**\*\*Please let the chef know if you have any sensory sensitivities\*\***  
**All servings come with a generous side of self-compassion and grace.**