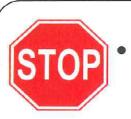
HERE IS WHAT TO THINK ABOUT BEFORE STARTING A NEW TASK:





 Stop what I am doing.

- What do I need to do?
- Do I have a checklist that I can use?

3. PLAN

4.



- Plan the steps needed to finish the task.
- Fill out the checklist that I can use.
- Sit down and start working!

Executive Functioning Workbook by Melissa Mullin & Karen Fried