

# *What Executive Functions are affected by ADHD?*

## **Executive Functions**

collaborating in a variety of ways

Organizing, Planning,  
Prioritizing, Activating to  
Work

Activation

Focusing & shifting  
attention to tasks

Focus

Regulating, alertness,  
sustaining effort, &  
processing speed

Effort

Managing frustration &  
Modulating Emotions

Emotion

Utilizing Working Memory  
& Accessing Recall

Memory

Monitoring Action  
& regulating behavior

Action



# TURN THE PAIGE

ADHD Coaching & Education for the Unique Mind