

SOLVE THE PUZZLE OF DISORGANIZATION

WHY IS ORGANIZING SO HARD FOR ME?

HOW CAN I FIX THE PROBLEM?

Why is organizing so hard for me?

We describe being able to accomplish organizational tasks reasonably easily as

_____.

The opposite of this is called

_____.

People with executive function have the following characteristics. They:

- Organize in an _____ and _____ way.
- Can _____ and _____ a goal.
- Have a scratch pad _____.

How can I fix the problem?

• Organize your _____

• Organize your _____

• Organize your _____

• Practice S.M.A.R.T. Goals

S

M

A

R

T

• Closing _____

• Adjust and _____

• Take a _____

• Eliminate _____