

Name: \_\_\_\_\_  
 Date: \_\_\_\_\_

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### SELF EVALUATION INVENTORY

	1	2	3	4	5
<b>Executive Function</b>	Almost Always	Usually	Some times	Seldom	Almost Never
1. I find it easy to determine my priority tasks for the day.					
2. I find it easy to schedule my priority tasks for the day.					
3. I find it easy to know the steps involved in completing tasks.					
4. I accomplish my priority tasks daily.					
5. I am efficient in completing tasks.					
6. I complete tasks by their deadline.					
7. I find it easy to get started on tasks and don't procrastinate.					
8. I find it easy to stop working on a task when it is time to do something else.					
9. I am able to stay focused on tasks and am not distracted by other things.					
10. I work on my difficult tasks when my energy is at its peak.					
11. Tasks typically take the amount of time I expect.					
12. I am able to modify my schedule when things don't go as planned.					
13. I am able to do difficult tasks and I don't delay them.					
14. I am able to remember to do things in the future such as going to appointments.					
15. I am on time and prepared for appointments.					
16. I return phone calls when I say I will.					
17. I complete projects in an organized fashion.					
18. I can see different ways to complete a task.					
19. I feel like I have enough mental energy during the day.					
20. My daily activities reflect and support my overall goals.					
21. If I have made an error on something, I am able to correct it.					
22. I am able to catch errors fairly quickly.					
<b>What kinds of strategies do you use to help yourself if any of the above is difficult?</b>					
1.					
2.					
3.					
4.					

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5.					
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