**Amsterdam executive function inventory**

(Van der Elst et al., 2012). The responses for the AEFI items were presented on a 3-point Likert scale with the choice options 1 = “not true,” 2 = “partly true,” and 3 = “true.”

You can score these and see what your overall score is but also look at subscales, which helps with more specific goal setting.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  | Not true | Partly True | True |
| 1. | I am not able to focus on the same topic for a long period of time | 1 | 2 | 3 |
| 2. | I can make fast decisions | 1 | 2 | 3 |
| 3. | I often react too fast. I've done or said something before it is my turn | 1 | 2 | 3 |
| 4. | I am curious, I want to know how things work | 1 | 2 | 3 |
| 5. | It is difficult for me to sit still | 1 | 2 | 3 |
| 6. | My thoughts easily wander | 1 | 2 | 3 |
| 7. | I am well organized. For example, I am good at planning what I need to do during a day | 1 | 2 | 3 |
| 8. | It takes a lot of effort for me to remember things | 1 | 2 | 3 |
| 9. | I am full of new ideas | 1 | 2 | 3 |
| 10. | I often forget what I have done yesterday | 1 | 2 | 3 |
| 11. | I am easily distracted | 1 | 2 | 3 |
| 12. | It is easy for me to come up with a different solution if I get stuck when solving a problem | 1 | 2 | 3 |
| 13. | I often lose things | 1 | 2 | 3 |

|  |  |
| --- | --- |
| **Attention**  1.I am not able to focus on the same topic for a long period of time |  |
| 11. I am easily distracted |  |
| 6. My thoughts easily wander |  |
| **Planning and initiative** |  |
| 2. I can make fast decisions (e.g., in lessons) |  |
| 7. I am well organized. For example, I am good at planning what I need to do during a day |  |
| 12. It is easy for me to come up with a different solution if I get stuck when solving a problem |  |
| 9. I am full of new ideas |  |
| 4. I am curious, I want to know how things work |  |
| **Self-control and self-monitoring** |  |
| 3. I often react too fast. I've done or said something before it is my turn |  |
| 5. It is difficult for me to sit still |  |
| 8. It takes a lot of effort for me to remember things |  |
| 10. I often forget what I have done yesterday |  |
| 13. I often lose things |  |

Notes: Your analysis and interpretation of this test in terms of your self-awareness.