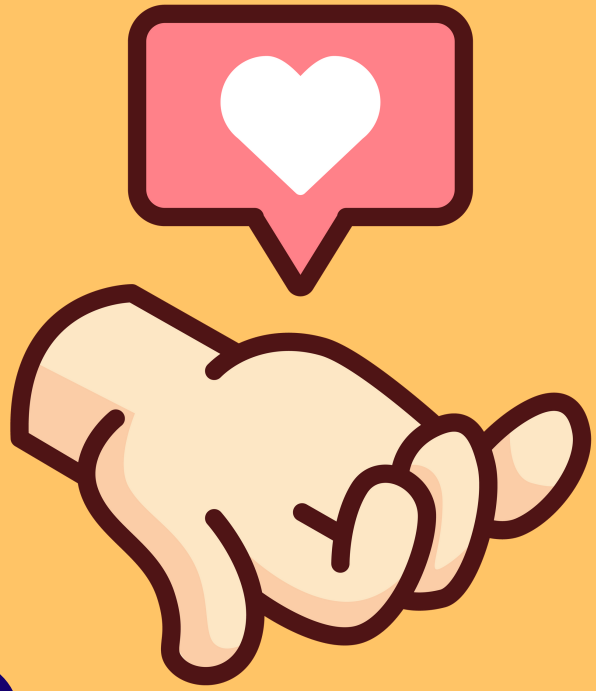
# Sustained Attention



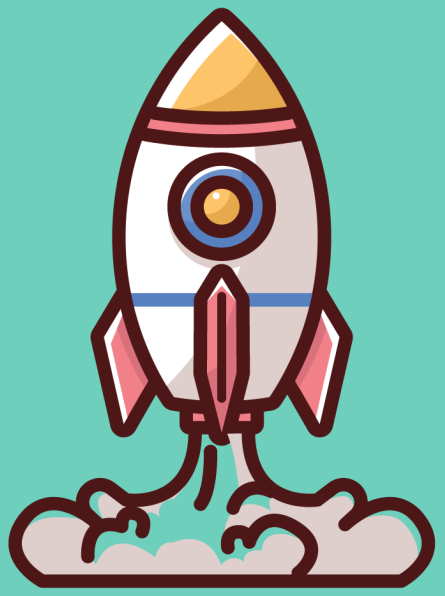
The capacity to keep paying attention to a situation or task in spite of distractibility, fatigue, or boredom.

# Emotional regulation



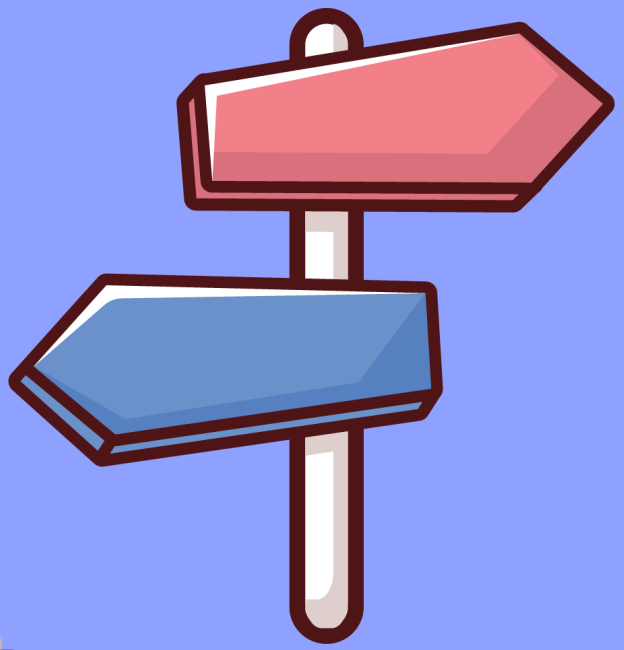
The ability to manage emotions to achieve goals, complete tasks, or regulate and direct behaviour.

# Task initiation



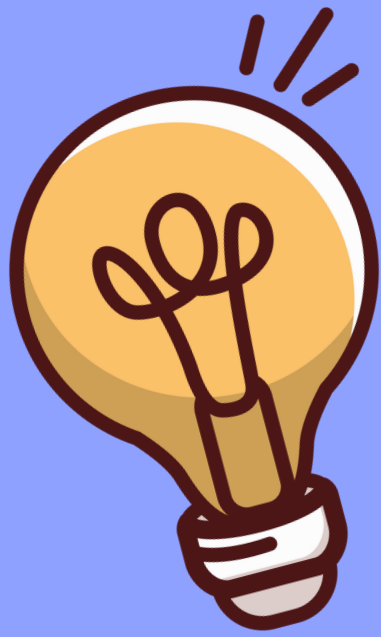
The ability to begin projects without undue procrastination, in an efficient or timely fashion.

# Flexibility

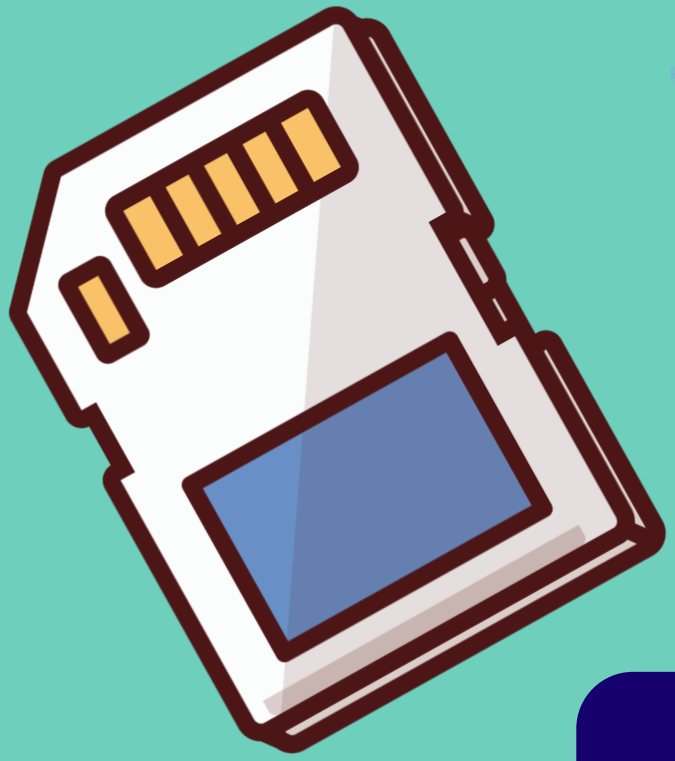


The ability to revise plans in the face of obstacles, setbacks, new information, or mistakes.

# Metacognition



The ability to stand back and take a bird's-eye view of yourself in a situation, to see how you problem solve.



# Working Memory

The ability to hold information in memory while performing complex tasks.




# Planning & prioritisation

The ability to create a roadmap to reach a goal or to complete a task. Also to make decisions.



# Response inhibition

The capacity to think before you act; this ability to resist the urge to say or do something.



# Time management

The capacity to estimate how much time one has, how to allocate it and how to keep within deadlines.



# Organisation

The ability to create and maintain systems to keep track of information or materials.



# Goal-directed persistence

The capacity to have a goal, to follow through to completion, and not be put off or distracted.