

# 10 CHALLENGES OF GOOD EXECUTIVE FUNCTIONS



## OVERTHINKING

EXCESSIVE PLANNING OR  
OVERANALYZING DETAILS CAN  
LEAD TO DECISION PARALYSIS.



## PROCRASTINATION

OVERRELIANCE ON EFFECTIVE  
PLANNING MAY RESULT IN  
DELAYING TASK INITIATION.



## PERFECTIONISM

SETTING UNREALISTICALLY HIGH  
STANDARDS MAY HINDER TASK  
INITIATION AND COMPLETION.



## TIME ANXIETY

CONSTANTLY FEELING  
PRESSURED BY TIME  
CONSTRAINTS,  
IMPACTING  
PRODUCTIVITY.



## RIGIDITY

DIFFICULTY ADAPTING TO  
CHANGES OR DEVIATING  
FROM ESTABLISHED PLANS.



## IMPATIENCE

FRUSTRATION WHEN TASKS  
OR PLANS DON'T PROGRESS  
AS QUICKLY AS DESIRED.



## DIFFICULTY IN RELAXING

STRUGGLING TO SWITCH OFF  
FROM WORK MODE AND RELAX  
DUE TO CONSTANT PLANNING.



## INFORMATION OVERLOAD

MANAGING MULTIPLE SOURCES  
OF INFORMATION MAY BECOME  
OVERWHELMING.



## EMOTIONAL OVERWHELM

BALANCING EMOTIONS CAN  
BE CHALLENGING, LEADING  
TO STRESS OR BURNOUT



## DIFFICULTY DELEGATING

RELUCTANCE TO ASSIGN  
TASKS TO OTHERS DUE TO  
A DESIRE FOR CONTROL.