PATHWAY 01

Executive Function Field Map

Where daily life asks for hidden work.

BEGIN · REMEMBER · SHIFT · ORGANIZE · REGULATE · RETURN

Executive function is the invisible work behind daily life. It helps us begin, remember, shift, organize, regulate, and return.

When that work becomes too heavy, the answer is not more shame. The answer is better support.

Use this field map to notice where daily routines are asking too much from working memory, attention, time sense, emotional regulation, or task initiation.

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Executive Function Demand Map

Twelve hidden demands behind ordinary routines — and where the room can carry part of the weight.

DEMAND	WHAT THIS ASKS OF ME	HOW IT MAY SHOW UP	WHAT THE ROOM COULD SUPPORT
01 **Starting**	Beginning before momentum exists	A task left unopened	Make the first step visible
02 **Remembering**	Holding information in mind	Things slip once out of sight	Place the cue where the task happens
03 **Pausing**	Holding back the first impulse	Acting before deciding	Add a small threshold before the action
04 **Choosing**	Settling on one option	Too many open doors	Reduce the field to a few
05 **Switching**	Moving from one mode to another	Getting stuck mid-change	Use a lamp, tray, or threshold signal
06 **Staying with it**	Holding attention through dull stretches	Drifting partway through	Keep one anchor object in reach
07 **Organizing**	Giving things an order and a home	Piles that never resolve	Contain each category in a tray
08 **Sensing time**	Feeling time pass	Hours collapse or stretch	Externalize time gently, in view
09 **Adapting**	Adjusting when the plan shifts	A small change undoes the day	Leave one step flexible on purpose
10 **Noticing patterns**	Seeing what keeps repeating	The same break, unnamed	Mark the loop where it breaks
11 **Continuing after motivation fades**	Returning when the spark is gone	Stalling once interest drops	Build a visible point of return
12 **Staying steady under stress**	Regulating a rising signal	The body speeds past noticing	Add a sensory anchor within reach

FIELD WORKSHEET — LOCATE THE LOAD

Where Does This Show Up?

Choose one daily routine that keeps breaking.

1 The routine

2 Where does it usually break?

3 Which demand is highest?

- ☐ starting
- ☐ remembering
- ☐ choosing
- ☐ switching
- ☐ organizing
- ☐ sensing time
- ☐ emotional regulation
- ☐ returning later

4 What does the environment currently ask me to remember?

5 What object, tray, lamp, prompt, or placement cue could carry part of that demand?

6 One step I can make visible

The goal is not to become more disciplined.
The goal is to reduce the hidden load.

Translate Demand Into Support

Read the demand. Give it to the room. Note where it will live.



IF THE DEMAND IS
Remembering

→ THE SUPPORT IS
Add a visible cue

IN MY ROOM



IF THE DEMAND IS
Starting

→ THE SUPPORT IS
Reduce the first step

IN MY ROOM



IF THE DEMAND IS
Switching

→ THE SUPPORT IS
Create a transition signal

IN MY ROOM



IF THE DEMAND IS
Organizing

→ THE SUPPORT IS
Contain the category

IN MY ROOM



IF THE DEMAND IS
Emotional regulation

→ THE SUPPORT IS
Add a sensory anchor

IN MY ROOM



IF THE DEMAND IS
Time

→ THE SUPPORT IS
Externalize time gently

IN MY ROOM



IF THE DEMAND IS
Persistence

→ THE SUPPORT IS
Create a return point

IN MY ROOM

A support is working when it makes return easier.