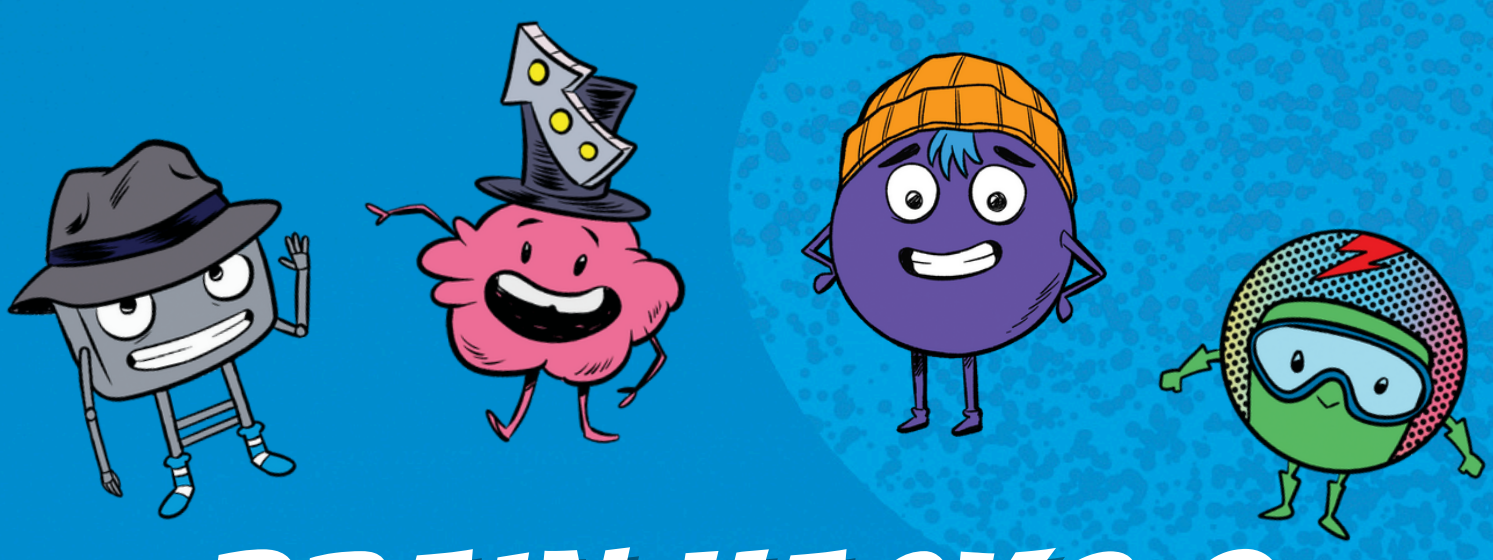


BRAIN HACKS & EXECUTIVE FUNCTIONING TIPS

to help you keep your New Year's Resolutions!

MANY OF US SAY, "I'LL DO IT LATER."

And we get discouraged because imagining the future looks the same as our past. So, we do nothing different in that moment.

BUT THE FUTURE DOES NOT ONLY MEAN TOMORROW OR NEXT WEEK...

The future can be 1 hour or 1 minute from now. To do something now, in this moment, is to see our future is now. If we do nothing differently, our future looks just like our past.

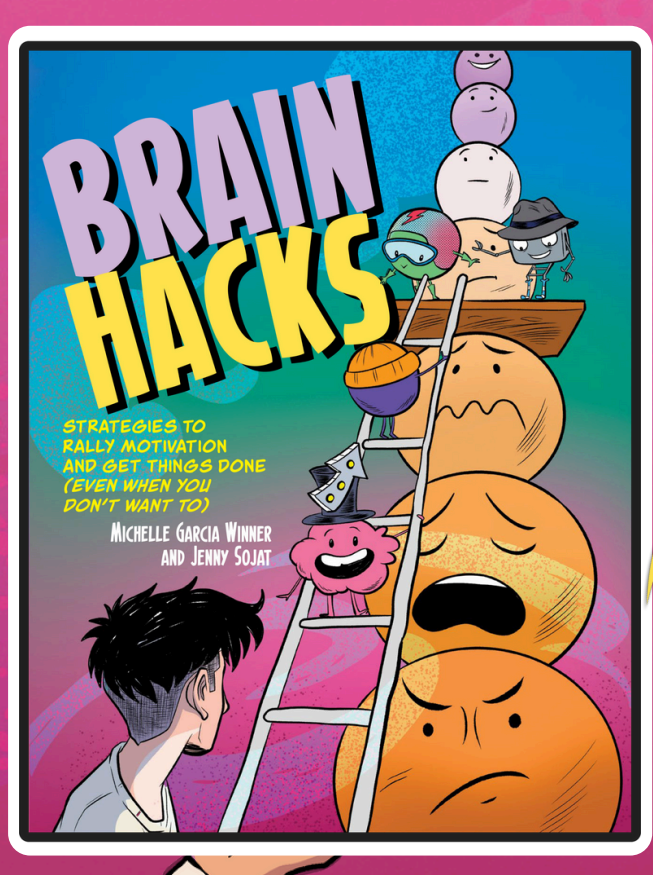
TO CREATE A DIFFERENT FUTURE IS TO IMAGINE A GOAL, TAKE A LITTLE STEP & THEN REFLECT:

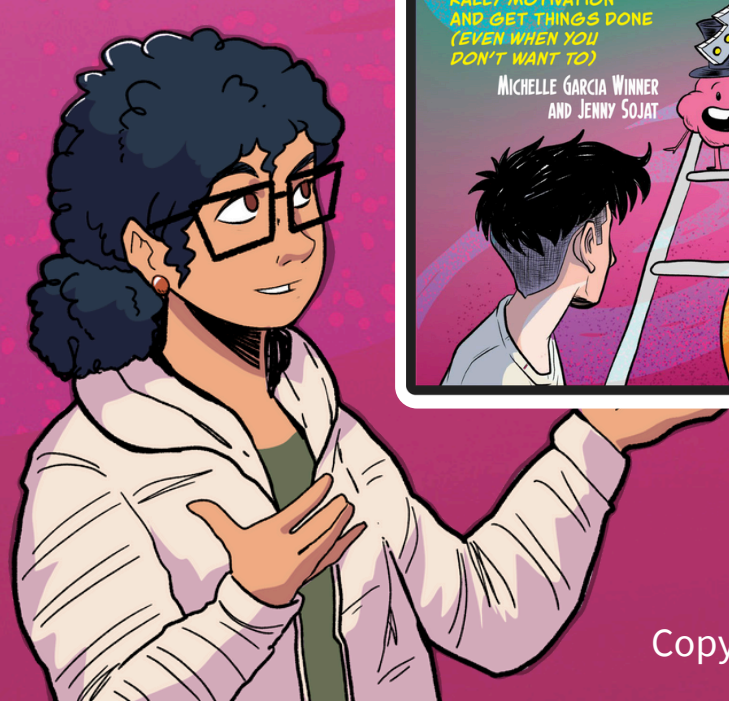
"How do I do one small thing NOW to inch toward that goal?"

THEN, "AS I DO LITTLE THINGS TOWARD THAT GOAL, I CAN BE PROUD OF MYSELF FOR EACH EFFORT."

"And then as I imagine my future, it looks different from the past because I am doing something now."

LEARN MORE ABOUT EXECUTIVE FUNCTIONING FROM OUR NEW GRAPHIC NOVEL





FOR TWEENS & TEENS!

Social Thinking
MORE THAN 25 YEARS