

# **BRAIN HACKS & EXECUTIVE FUNCTIONING TIPS**

**to Rally Motivation & Get Things Done!**

**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?"

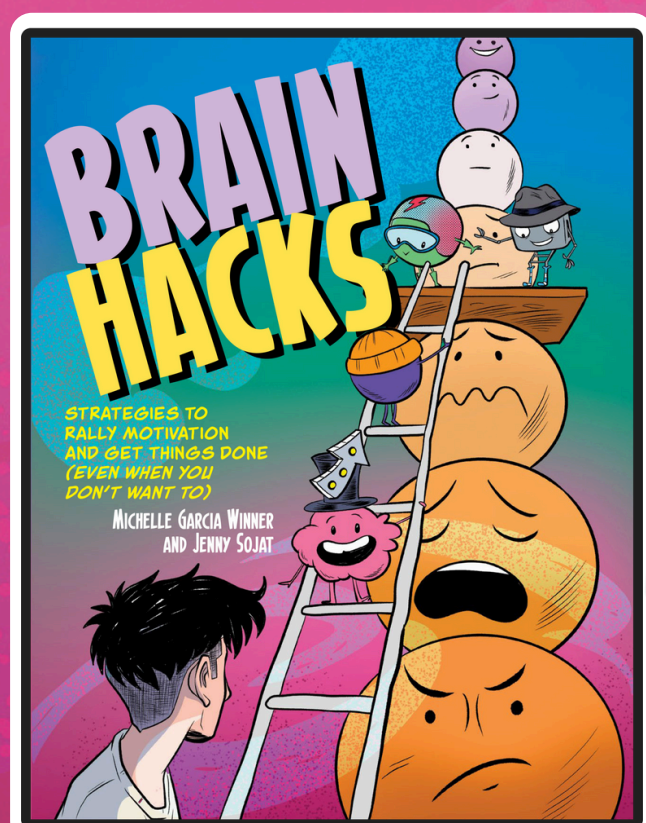


**THEN, "AS I DO LITTLE THINGS TOWARD THAT GOAL, I CAN BE PROUD OF MYSELF FOR EACH EFFORT."**



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

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