



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, next week,
or bthe end of the semester.**

**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 different
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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executive functioning at**

www.socialthinking.com/executive-functioning