

Executive Functioning Tips

to help you keep your New Year's resolutions!



So, we do nothing different in that moment.

And we get discouraged because imagining

the future looks the same as our past.

mean tomorrow, next week, or bthe end of the semester.

The future can be 1 hour

But the future does not only

To do something now, in this moment,

is to see our future is now.

If we do nothing differently,

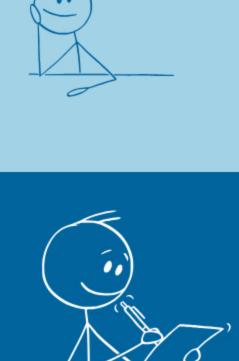
or 1 minute from now.

our future looks just like our past.



"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."



Learn more about executive functioning at

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