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Ditching Perfection: Neuroaffirming Tools Offer a Kinder Start to 2026

Vancouver, B.C. — December 29, 2025 — As the new year approaches, millions of people set resolutions with optimism, yet research shows only about 8% actually achieve them. For neurodivergent individuals, this cycle can feel especially discouraging. Rigid timelines, one-size-fits-all goals, and perfection-driven expectations often do not align with how neurodivergent brains function.

Learn. Develop. Succeed. (LDS), a Vancouver-based nonprofit supporting people with learning differences, is offering a neuroaffirming alternative. The organization is encouraging families, educators, and adults to rethink resolutions through a strengths-based lens that prioritizes flexibility, self-compassion, and sustainable progress.

“Neurodivergent people are not failing at resolutions. Traditional resolutions are failing them,” says Becky Bishop, Senior Manager, Youth and Adult Programs at LDS. “When goals are designed to work with how someone’s brain functions rather than against it, motivation increases, and shame decreases. Neuroaffirming goal setting focuses on support, not pressure.”

According to LDS experts, neurodivergent individuals often experience heightened burnout and disengagement when goals are framed around rigid benchmarks or external expectations. A neuroaffirming approach shifts the focus toward meaningful, achievable actions that align with individual routines, energy levels, and interests.

Key elements of neuroaffirming goal setting include:

- Adaptive goals that align with personal rhythms and capacity
- Strategies that reduce shame and support intrinsic motivation
- Small, achievable actions that build momentum over time
- Recognition and celebration of progress in all forms

To support families and individuals entering the new year, LDS has released a free downloadable resource designed to make goal-setting more accessible and engaging. The customizable **2026 Neuroaffirming New Year’s Resolution Bingo Card** replaces pressure-based resolutions with low-stakes, flexible actions that encourage exploration, reflection, and choice.

“The Bingo format removes the idea of perfection,” adds Bishop. “It allows people to engage with goals playfully, at their own pace, and in ways that feel supportive rather than overwhelming.”

The tool is available to download at no cost and is intended for use by neurodivergent adults, children, families, and educators. Those seeking additional guidance or individualized support are encouraged to connect with LDS directly.

Resource link: <https://ldsociety.ca/neurodivergent-resolutions-for-the-new-year>

About Learn. Develop. Succeed.

Learn. Develop. Succeed. is a nonprofit charity that empowers children, youth and adults with learning differences to build the confidence, skills and independence they need to thrive. Founded in 1970, LDS delivers research-informed, individualized education programs both in person and live online. LDS is committed to ensuring that high-quality learning support is available to all learners—regardless of financial circumstances. Visit ldsociety.ca.

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