








# Goal Setting

## Keys to Setting Goals

-  Goals are clear and concise
-  Based on intrinsic motivation
-  Focused on outcomes
-  Frequently reviewed and flexible

## Keys to Neuroaffirming Goals

-  Validate differences
-  Not based on neurotypical expectations
-  Prioritize well-being

## Steps

### Frame your why

Why do I want to achieve this goal?  
Is it a personally meaningful goal or based on external expectations?  
How can I leverage my strengths and address my challenges?

### Break it down

What are all the steps to meet this goal?  
How can I create the smallest possible actions?  
What are my priorities?

### Make it visual

What kind of cue can I set to trigger my brain to think about action?  
What steps do I need to take to set up the cue?  
How will I know when I have met the goal?

### Give it time

Will I set a time frame for this goal?  
How much time can I set aside for this goal?  
How much time do I want to set aside for this goal?

### Revisit and review

When will I review my progress?  
How can I be flexible?  
How can I ensure I have self-compassion and prioritize my well-being?

**Remember, goals should adapt to your life, not the other way around. Incremental changes lead to lasting results.**

# 2026 Bingo Card

		2026		

# 2026 Bingo Card

## Example

				
Read 5 books	Watch LOTR trilogy	Swim in a lake	Eat at Pepino's	Write a one-page story
				
Go to the bunny cafe	Try 3 hot chocolates from the HCF	Walk through Stanley Park	See a live band	Volunteer 4 hours of time
				
Bake cupcakes	Visit a friend		Cut my own holiday tree	Learn all the lyrics to an album
				
Learn a TikTok dance	Play a board game	Type 50wpm	Go to the VPL rooftop garden	Watch sports at a bar
				
Eat 100 bananas	Learn 5 Cree words	Walk the Cambie bridge	Send myself a birthday card	Go stargazing