

Tips for Goal Setting

Everyone is an individual, but generally speaking we want to:

- **Explore Values**

- **Masking** is very common in the neurodivergent community. Explore with clients what matters to **them**, as opposed to the internalized 'norm'

- **Be Specific**

- Consider using **short, medium and long term** goals that steer in the desired direction

- **We don't treat neurodivergence**

- The goal is never going to be "to be less autistic/ADHD". Neurotypes are differences, not deficits. We teach people to accommodate for and work *with* their brain

Normalise that goals are individual and *don't* have to fit neurotypical 'norms'

Explore values using a values compass, ranking tool or similar exercise

Are their sensory barriers to the goal we can accommodate?

"Choice Point" ACT tool may be useful if struggling to identify

Spend time on goal setting and revisit frequently

Check in using *visual* tools, like progress bars

Small achievable goals to build momentum (especially for ADHD) to boost dopamine

Masking can be ingrained: exploring underlying values can be a really meaningful piece of work

