



# Self-Affirming Acknowledgements

To-Do lists can set us up for feeling like we are falling short again. They can feel like a looming, glaring guilt trip of a reminder that we don't tend to function in rigid ways.

Trying to meet the expectations of others might be making you think you are not enough or aren't doing things 'right'.

Neurodivergent (ND) folks have their own ways of functioning.

We do things when we are motivated, and to-do lists don't typically motivate us. Use self-affirming acknowledgements instead, and celebrate what you are doing well.

Dopamine helps energize us.

When we celebrate the wins or even what might seem like the smallest of accomplishments, we are self-affirming that our ways work for us on our own timelines.

- You don't have to fill in every section. No one's judging.
- You can use spaces to write whatever you want rather than answering the questions.
- You can set yourself up for a reward once you've met one goal (eg., cleaned kitchen counter) a pre-determined number of times.



Treat these pages as a record of your wins on any given day. Over time you'll see you are achieving more than you think.