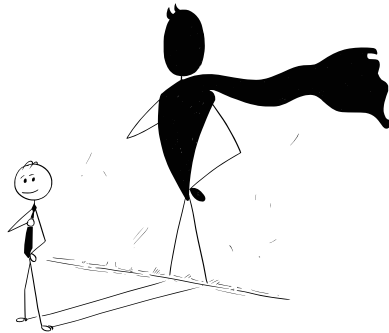




ADULTING LIKE A CHAMP

Exercises to Help Unique Learners
Unlock Your Super Powers. Navigate Adulting. Rule Your World.

**CHRIS HANSON, BS
AMY SIPPL, MS, BCBA**



ADULTING LIKE A CHAMP

Assessment & Workbook

Exercises to Help Unique Learners
Unlock Your Super Powers. Navigate Adulthood. Rule Your World.

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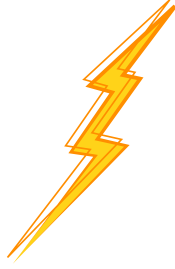
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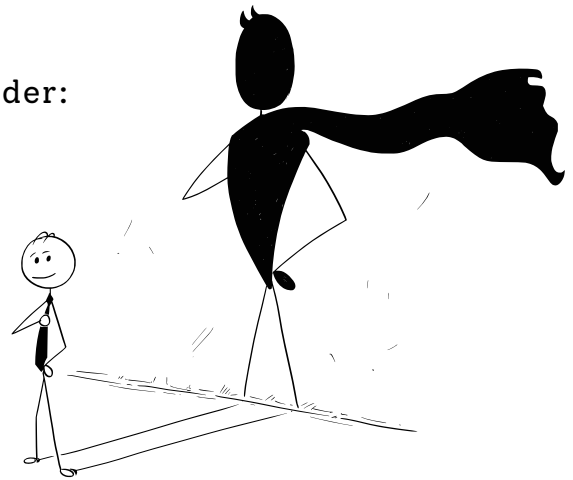


WELCOME, HERO!

Every great story starts with a challenge.

Every hero faces a moment when they wonder:

"Am I really ready for this?"



Let's meet Jordan.

Jordan is standing at the edge of a huge, exciting, and kind of scary new world: adulthood. Jordan just moved with his two friends into a tiny apartment – a real "fixer-upper" with a sink that leaks and a neighbor who plays the drums at 2 AM. They're trying to juggle part-time jobs, figure out how to cook something besides frozen pizza, and pay bills that seem to multiply faster than rabbits. Sometimes, Jordan feels like a superhero... and other times, like a total mess.

Sound familiar?

Here's the truth: You don't have to "have it all together" to be a real adult. Adulthood is a quest – a journey where you learn new skills, pick up powerful tools, battle challenges, and discover how strong you truly are. In this workbook, YOU are the hero of your own story – just like Jordan. You'll gear up, level up, and unlock skills that will help you thrive. You'll work through mini-missions (exercises) and build your Ultimate Hero Toolkit for succeeding in whatever adult life has in store.

WHY ADULTING FEELS SO HARD

Here's a secret most people don't tell you, and they didn't tell Jordan:

Adulting is hard for everybody.

It's not just you.

It's not because you're lazy, broken, or "bad at life."

It's because adulting is like trying to play a video game where:

1. Nobody gave you the instructions,
2. The levels keep getting harder,
3. And you only find out about the hidden traps after you fall into them.

Even when you think you had a good start, sometimes life sweeps in and



it can leave you feeling like you're right back at square one. If you're neurodivergent (living with ADHD, autism, anxiety, learning differences, or other unique brain wiring), the game can feel even trickier. Tasks that seem "simple" for others might feel overwhelming. Routines might feel boring, pointless, or impossible to stick to. Social "rules" can seem confusing or exhausting. Energy crashes or sensory overload can knock you off your feet without warning.

And guess what? **None of that means you're failing at adulting.**

It just means the systems most adults operate in weren't built with your amazing brain in mind. (Honestly, when you really think about it, the systems adults live in weren't really built with brains in mind at all. But that's the subject of an entire other workbook...)

The point is, superheroes build their own systems – ones that work for them and their unique superpowers. That's what this workbook is here to help you do.

It's what we like to call "The Hero's Mindset." You don't have to do life the "normal" way. You get to do life your way--creatively, authentically, and bravely. Every hero's quest is made up of small steps. No one slayed the dragon on Day 1. You just have to forge your own path and become the champion of your own story.

WHO IS THIS WORKBOOK FOR?



We like to think this workbook has a little something for everyone – at least anyone who is ready to build (and flex) some adulting muscles.

That means the brave, the bold, the messy, the real. It's for anyone stepping into the adventure of adulthood and thinking:

"I wish someone had a map for this."

You'll feel right at home here if:

- You're a teen or young adult getting ready to live more independently.
- You're already out on your own but want to build stronger skills and routines.
- You have a brain that works a little differently – ADHD, autism, anxiety, dyslexia, sensory differences, or just a unique way of thinking.
- You get overwhelmed by adulting tasks and wish they made more sense (and felt less exhausting).
- You want a judgment-free, step-by-step guide that actually respects how your mind works.
- You like comic books, video games, superheroes – or just the idea of being the main character in your own story.

You do NOT have to be perfect to start.

You don't need a color-coded planner, an Instagram-worthy apartment, or a 10-year plan.

You just need a willingness to show up for yourself, try new things, and take the next small step forward.

WHAT IF I'M ALREADY STRUGGLING???

Perfect.

This workbook was built with you in mind.

Adulting isn't about getting everything right the first time. It's about learning the skills you need to build the life you want – in a way that feels good, sustainable, and true to you.

You are not alone.

You are a hero in training.

HOW THIS WORKBOOK WORKS:

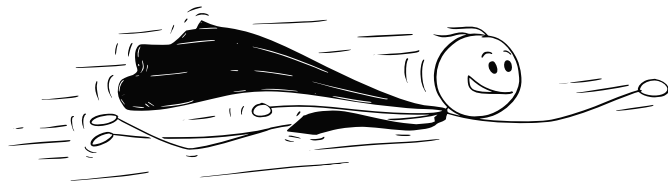
- Each section = a new level of your adulting adventure.
- Each worksheet = a power-up to help you build real-world skills.
- No grades, no stress – just you, your journey, and your growing awesomeness.

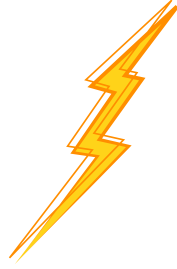
WHAT YOU'LL NEED:

- A pen or pencil (bonus points for colorful ones!)
- A folder or binder to keep your worksheets
- 15-20 minutes of quiet, uninterrupted time dedicated to a lesson. That means putting aside your smartphone, TV, or other distractions. If 15 minutes feels too long, start with a 5-minute timer and build up to a full session.
- Your brain, your courage, and your sense of humor

Ready to begin?

Grab your cape (or just your notebook) – it's time for your first mission, to get familiar with the 30 Power Skills of Adulting.





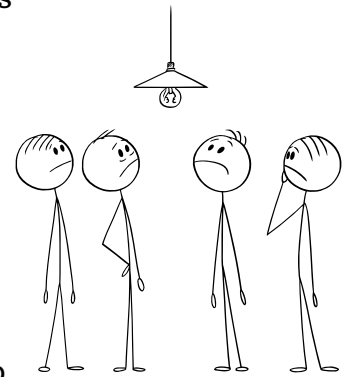
THE 30 POWER SKILLS OF ADULTING

When Jordan first moved into his own apartment, he was super excited... and quickly became super overwhelmed.

Laundry piled up, appointments were missed, and cooking turned into eating cereal for dinner (three nights in a row). When a problem came up with the lights in the kitchen, Jordan didn't know how to fix it and none of his roommates were willing to help.

He quickly realized that being an adult wasn't about knowing everything – but it was a lot about using what you already know and the skills you're already good at to solve problems. It was about taking the “powers” he had right now, to help build new adulting skills over time.

Each time Jordan faced a new challenge, he picked up a new “power” – and every power made life feel just a little easier.

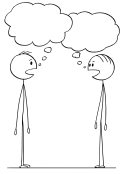


***“EVERY HERO NEEDS A FULL SET OF POWERS
TO CONQUER THEIR WORLD.”***

Adulting isn't just one giant skill you either have or don't. It's actually a team of smaller skills, all working together like a superhero squad.

You might already have some strong powers – and others that need more training. This workbook will help you build, strengthen, and unlock each of these skills step-by-step.

But first, we have to have an idea about what skills are considered the essentials for adulting. Here's our list of the 30 power skills you'll be working on throughout this workbook:



COMMUNICATION

Connecting, listening, and expressing yourself clearly is one of your strongest tools.

1. Asking for Help

Real heroes know when to call for backup. Asking for help isn't weakness – it's wisdom. Whether it's asking the landlord for a new light switch, a friend, a boss, or a doctor, knowing how to reach out can save you time, stress, and energy.

2. Assertive Communication

Say what you think and feel clearly and respectfully, without shutting down or lashing out.

3. Active Listening

Sometimes it's easy to get lost in your own thoughts during conversations. Active listening means really tuning in – making eye contact, asking questions, and showing people you hear them. It's a secret weapon for friendships, jobs, and life.

4. Setting Boundaries

Boundaries protect your time, energy, and emotions. Setting healthy boundaries means you can say “yes” to what matters most – and “no” (without guilt!) to what doesn't.

5. Conflict Management

Disagreements happen – but handling them with calm words instead of explosions or ghosting keeps relationships strong. Conflict management is about solving problems without losing your cool.



EXECUTIVE FUNCTIONING

These skills help you manage your time, organize your world, and get stuff done, especially when the world feels overwhelming.

6. Time Management

Knowing how long things actually take, showing up on time, and creating realistic schedules is a game-changer for adulthood.

7. Planning & Prioritizing Tasks

Not all tasks are equally urgent. Prioritizing helps you figure out what must happen now, and what can wait – so you don't end up overwhelmed.

8. Task Initiation

Starting can be the hardest part! Task initiation means building the power to begin tasks even when motivation feels low.

9. Organizing Spaces

An organized room, backpack, or digital space saves you time and stress. Organization doesn't have to be perfect – it just has to work for you.

10. Flexibility and Adaptability

Heroes encounter unpredictable situations all of the time. Learn tools to stay calm and adjust when plans or routines change.



MEETING BASIC NEEDS

These are the everyday essentials that keep your body, home, and environment safe and healthy.

11. Cooking Simple Meals

You don't need to be a chef – just knowing how to make a few easy, healthy meals will save you money and help you stay energized.

12. Personal Health & Hygiene

This means taking charge of your health – building daily habits and routines to practice good hygiene like showering and brushing teeth regularly.

13. Housekeeping

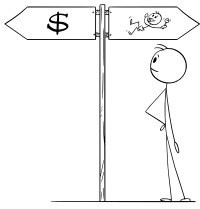
Keeping your home clean isn't about impressing anyone – it's about creating a space where you can think clearly, relax, and stay healthy.

14. Home Safety

Knowing what to do if there's a fire, flood, or weird smell from the oven keeps you and others safe. It's important to know basic emergency steps and have a plan.

15. Medication & Health Management

Taking charge of your own health includes understanding how and when to take medications, track symptoms, and speak up with healthcare providers.



MANAGING SECONDARY NEEDS

These life logistics help you move through the world with more independence and confidence.

16. Transportation & Navigation

Whether it's biking, driving, taking a bus, or using a ride app, transportation skills help you get to school, work, and fun – safely and on time.

17. Personal Finance

Budgeting, saving, paying bills – it sounds scary, but managing money well gives you freedom and peace of mind. Every hero needs a solid plan for their gold.

18. Finding and Keeping a Job

Getting your first (or next) job takes courage and skill. Resumes, applications, interviews – and then showing up consistently – are all part of building your adult life.

19. Professionalism

Speaking and writing clearly in work settings helps you build a good reputation. Email, phone calls, and interviews might feel awkward at first, but they're superpowers you'll use again and again.



STRESS & SELF CARE

Skills that help you thrive, not just survive.

20. Building a Recreation Life

Work isn't everything! Recreation powers help you stay balanced. Hobbies, clubs, sports, or creative projects recharge your energy and keep life fun.

21. Stress Management

Adulting can get overwhelming. Managing stress means finding healthy ways to calm down – like breathing exercises, hobbies, therapy, movement, or meditation – before it explodes.

22. Self-Care Routines

Daily routines like sleeping enough, exercising, and taking mental health breaks help you stay strong for all your other missions.

23. Building Healthy Relationships

The people you surround yourself with matter. Choosing positive friends, mentors, and partners – and walking away from toxic ones – protects your heart and future.



LEADERSHIP & TEAMWORK

These skills take your independence to the next level – helping you lead, advocate, and live with purpose, not just survival.

24. Teamwork & Collaboration

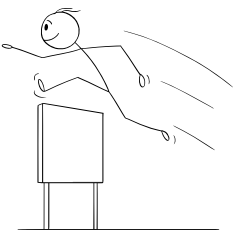
Work well with others by sharing ideas, resolving group conflicts, and respecting everyone's strengths.

25. Leadership & Initiative

Step up at home, school and work when needed, set an example, and take responsibility to move projects forward.

26. Mentoring & Empowering Others

Be a source of encouragement and support to peers, using your experiences to help others grow, and model positive behavior.



LONG-TERM SUCCESS

The advanced-level powers – shaping your world and your future.

27. Citizenship and Voting

Being an active citizen – voting, staying informed, knowing your rights – helps you have a voice in your community and country.

28. Understanding Legal Basics

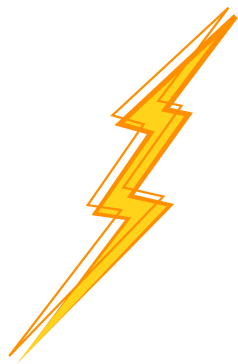
Reading leases, knowing tenant rights, understanding contracts – legal basics help you avoid big mistakes and protect yourself.

29. Self-Advocacy

Speaking up for your needs – at school, work, the doctor’s office, or anywhere – is a lifelong power that builds your confidence and independence.

30. Self-Determination

This is the ultimate hero skill: choosing your own goals, making your own decisions, and living life based on your values – not just other people’s expectations.



REMEMBER:

You’re not expected to learn all 30 powers overnight.

You’ll build them little by little – mission by mission – starting from wherever you are right now.

Small steps = Big victories.



MISSION: SECRET IDENTITY - WHO AM I?

Background:

Every superhero has an origin story – a mix of strengths, weaknesses, and experiences that shape who they are and what they stand for. In this activity, you’ll begin your journey by creating your own “Hero Bio.” Think of it as your personal profile for adulthood: What are your powers? What challenges do you face? What kind of life do you want to build?

Materials:

- Printed **Hero Bio Worksheet** (or a blank notebook or digital document)
- Pen, pencil, or stylus
- Optional: Colored pencils or markers for personalization

Instructions:

1. Print or open your **Hero Bio Worksheet**. This should include sections for your name, age, pronouns, strengths, challenges, values, and goals. You can also sketch your own logo or “hero look” for fun!
2. List your strengths and “superpowers.” What are you naturally good at? What do others compliment you on? These can be academic, social, creative, or even emotional strengths like empathy or focus.
3. Name a few personal challenges. Every hero has their kryptonite. Be honest about areas you find hard (like time management, sensory overwhelm, or asking for help).
4. Write your personal mission statement. This is your “why” – what kind of person you want to be, what matters most to you, and what you’re working toward. Try to keep it to 2-3 sentences.
5. (Optional) Add creative flair! Draw your hero emblem, add color, stickers, or a fun name like “Captain Calm” or “The Organizer.”

Tips:

- Not sure what to put? Ask a trusted friend or adult what strengths they see in you – sometimes others spot things we miss.
- You can revise this later. The life stories of some of the greatest superheroes changed a lot over time. As you grow and gain new skills, your Hero Bio might evolve too.
- When you’ve completed your bio, share it with a friend or family member who knows you well.

HERO BIO WORKSHEET

EVERY SUPERHERO HAS A BACKSTORY. THIS IS YOURS.

NAME & BIO PHOTO:



MY SUPERPOWERS:

List 3-5 things you're great at or proud of (skills, traits, talents, habits, etc.)



MY WEAK SPOTS

What's tricky for you? List a few things you're still working on.



MY VALUES:

What matters most to you in life or in other people?
(Kindness? Freedom? Justice?)



MISSION STATEMENT:

Write 2-3 sentences about the kind of life you want to build and who you want to become.
"I want to..."



MISSION: EVALUATING YOUR POWER SKILLS

Background:

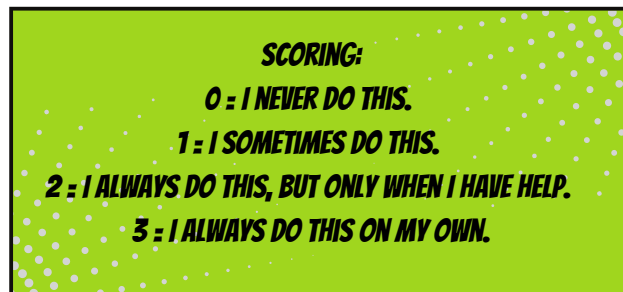
Just like every superhero has a backstory, every hero also has different strengths and growth areas. Before you dive into the day-to-day duties of adulthood, it can help to know where you're already powerful—and where you might need backup or practice. This quick self-assessment will help you rate your confidence and independence in each of the 30 Power Skills of Adulthood.

Materials:

- Printed **"Power Skills Assessment"** (or a blank notebook or digital document)
- Pen, pencil, or stylus
- Optional: Colored pencils or markers for personalization

Instructions:

1. Review the 30 Power Skills List on pages 8-12 of the workbook. These skills include the fundamentals of independently adulthood, from communication, executive functioning, up to advocacy and leadership.
2. Read the description of each skill. On the assessment sheet, rate each skill on a scale of 1-5, based on how confident and independent you feel in that area right now.
3. Be honest. No skill is too "low" or "high"—this is just a snapshot of where your skills are today.
4. After you finish, look for any patterns. Explore which skills scored highest and which scored lowest. Make notes about skill areas where you have strengths or areas that may need more support.



Tips:

- Not sure what to put? Ask a trusted friend or adult what strengths they see in you – sometimes others spot things we miss.
- This skills assessment is meant to be taken every few months as you work on building Power Skills. Record a date at the top and then monitor your progress.

POWER SKILLS ASSESSMENT

Instructions:

- Read each statement.
- Circle the number that most closely describes your current skill level.

Scoring:

- 0 = I never do this.
- 1 = I sometimes do this.
- 2 = I always do this, but only when I have help.
- 3 = I always do this on my own.

COMMUNICATION

1. Asking for Help

Knowing when and how to ask others for assistance

0	1	2	3
---	---	---	---

2. Assertive Communication

Express your needs respectfully and clearly.

0	1	2	3
---	---	---	---

3. Active Listening

Focus and listen to others with intent.

0	1	2	3
---	---	---	---

4. Setting Boundaries

Protect your time, space, and energy.

0	1	2	3
---	---	---	---

5. Conflict Management

Solve problems without exploding or avoiding.

0	1	2	3
---	---	---	---

EXECUTIVE FUNCTIONING

6. Time Management

Plan and use your time effectively and efficiently

0	1	2	3
---	---	---	---

7. Planning & Prioritization

Decide what is most important and tackle it first.

0	1	2	3
---	---	---	---

8. Task Initiation

Beat procrastination and just get started.

0	1	2	3
---	---	---	---

9. Organizing Spaces

Keep your environment clear and functional.

0	1	2	3
---	---	---	---

10. Flexibility and Adaptability

Stay calm when plans change.

0	1	2	3
---	---	---	---

POWER SKILLS ASSESSMENT

MEETING BASIC NEEDS

11. Cooking Simple Meals
Feed yourself with healthy options.

0	1	2	3
---	---	---	---

12. Personal Health & Hygiene
Keep yourself clean and healthy.

0	1	2	3
---	---	---	---

13. Housekeeping
Maintain a safe, clean living space

0	1	2	3
---	---	---	---

14. Home Safety
Respond to home problems and emergencies

0	1	2	3
---	---	---	---

15. Medication & Health Management
Manage prescriptions and appointments responsibly.

0	1	2	3
---	---	---	---

MANAGING SECONDARY NEEDS

16. Transportation & Navigation
Get places safely and on time.

0	1	2	3
---	---	---	---

17. Personal Finance
Track your money, don't fear it.

0	1	2	3
---	---	---	---

18. Finding and Keeping a Job
Apply, interview, and show up.

0	1	2	3
---	---	---	---

19. Professionalism
Communicate clearly and behave respectfully at work.

0	1	2	3
---	---	---	---

POWER SKILLS ASSESSMENT

STRESS & SELF CARE

20. Building a Recreation Life

Make fun, hobbies, and rest a priority.

0	1	2	3
---	---	---	---

21. Stress Management

Catch stress early and manage it in healthy ways.

0	1	2	3
---	---	---	---

22. Self-Care Routines

Daily habits that support well-being.

0	1	2	3
---	---	---	---

23. Building Healthy Relationships

Choose and keep supportive connections.

0	1	2	3
---	---	---	---

LEADERSHIP & TEAMWORK

24. Teamwork & Collaboration

Work well with others respectfully.

0	1	2	3
---	---	---	---

25. Leadership & Initiative

Step up and take responsibility.

0	1	2	3
---	---	---	---

26. Mentoring & Empowering Others

Use your growth to help others thrive.

0	1	2	3
---	---	---	---

LONG-TERM SUCCESS

27. Citizenship and Voting

Engage in your community's decisions.

0	1	2	3
---	---	---	---

28. Understanding Legal Basics

Know rights and avoid legal pitfalls.

0	1	2	3
---	---	---	---

29. Self-Advocacy

Speak up for your needs and goals.

0	1	2	3
---	---	---	---

30. Self Determination

Make your own choices with confidence.

0	1	2	3
---	---	---	---

POWER SKILLS ASSESSMENT

Skill Area	Total Score
<i>COMMUNICATION</i>	
<i>EXECUTIVE FUNCTIONING</i>	
<i>MEETING BASIC NEEDS</i>	
<i>MANAGING SECONDARY NEEDS</i>	
<i>STRESS AND SELF CARE</i>	
<i>LEADERSHIP AND TEAMWORK</i>	
<i>LONG TERM SUCCESS</i>	



STRENGTHS

What are areas that I'm strong in? What skills have I met already and can use as building blocks for other skills?



NEEDS

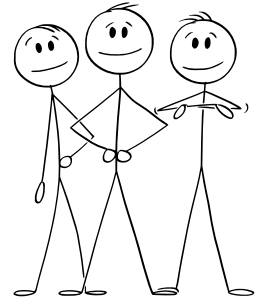
What areas do I score the lowest in? What areas do I need additional supports in?



MISSION: SIDEKICK SQUAD - BUILD YOUR NETWORK

Background:

Having a strong support network can make a big difference in how we handle challenges, build confidence, and reach our goals. For neurodivergent teens and young adults, trusted relationships with friends, family members, and teachers can offer encouragement, understanding, and practical help. This exercise is designed to help you recognize the people who care about you and identify how they support you. Once you know who's in your corner, you can take small steps to stay connected and strengthen those relationships.



Materials:

- Pen or pencil
- Printed copy of the Sidekick Squad workbook page (or a notebook to write in)
- A phone or device to send messages (if you're ready to reach out)
- A quiet space to think and reflect

Instructions:

1. Print or open your Sidekick Squad Worksheet.
2. Think about who's already in your corner. Who do you feel safe around? Who cheers you on or helps you when things get tough? These might be people you talk to every day—or just once in a while, but they still make a difference.
3. Fill in their names and how they support you. Use the chart to check off what each person brings to your life. Some people might offer help with tasks, while others just make you feel seen and understood.
4. If it's helpful, assign hero "roles" for your squad of sidekicks—like "The Listener," "The Encourager," or "My Calm Coach."
5. Choose one or two people to reach out to. You don't have to write a long message—just a "thank you" or "thinking of you" can help keep your connection strong. Use the space provided to plan what you'd like to say.

Tips:

- Put this list on your refrigerator or create a contact in your phone for each person on the list. If your phone lets you create contact groups, create a group called My Sidekick Supports so everyone is in one place.
- Update this list with new team members as you meet them.

MY SUPERHERO SQUAD

FIND YOUR NETWORK OF SUPERHERO SIDEKICKS.



WHO IS ALREADY IN MY LIFE?

List the people who:

- Already support you (teachers, family members, friends, case managers, etc.)
- Make you feel accepted as you are
- Help you when you're struggling
- Encourage your goals or interests
- Listen without judging you



WHAT DO EACH OF THESE PEOPLE HELP WITH?

Choose your top 5 sidekicks from the brainstorming list above. List them out and consider what they each bring to helping you with the power skills.

Sidekick Name	Email	Phone Number	Great Listener	Good Model	Gives Advice	Helpful Feedback	Other



REACH OUT

Choose one or two people from your list that you feel comfortable reaching out to. Write a script to:

- Send a text or message just to say hi.
- Thank them for something they've done.
- Tell them you're working on building a network and they're part of it!

Example message:

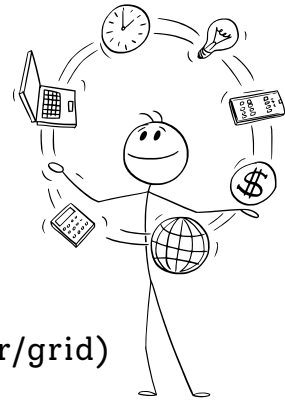
"Hey [Name], I'm doing a project to build some new skills, and I thought of you. Thanks for always being there for me—whether it's just listening or cheering me on."

LEVEL 4

MISSION: TIME TRAVEL - NAVIGATING YOUR SCHEDULE

Background:

Every great hero has a mission—but missions don't just happen by accident. Adulthood requires learning how to manage your time, balance your responsibilities, and still leave space for rest and fun. This exercise helps you take control of your time by mapping out your current weekly routine—and finding ways to make it work better for you.



Materials:

- "Weekly Time Map" worksheet (or a blank weekly planner/grid)
- Pen or pencil
- Optional: Highlighters or colored pencils for coding tasks (e.g., school, chores, fun)

Instructions:

1. Print or open your Weekly Time Map Worksheet.
2. Start with the brainstorming worksheet to develop a list of the tasks that you do currently each week and ideas for things you'd like to add into your schedule.
3. Shift to the time map and begin by adding your fixed responsibilities. Start by writing in things you can't change, like school, work, appointments, or transportation.
4. Next, add flexible tasks. Fill in things like meals, homework, chores, or self-care routines—anything that's part of your typical day.
5. Make time visible. Add in rest breaks, free time, and fun activities! These are just as important as your responsibilities.
6. Look for patterns. Are there times when you're overloaded? Times that are totally empty? Use symbols, colors, or notes to reflect what's working and what's not.
7. Star your "hot zones." Choose 1-2 time blocks that feel the most stressful or chaotic. These are the places you can start experimenting with new routines or tools.

Tips:

- Try doing this exercise for your actual current schedule first—before building a "dream week" later. Knowing your habits is the first step to changing them!
- "What if every week looks different?" – No problem. Just map out a "typical" or recent week, or make multiple maps to show different kinds of weeks (school week, work week, break, etc.).

WEEKLY BRAINSTORMING

USE THIS LIST OF ITEMS TO DEVELOP YOUR WEEKLY ORGANIZATION LIST

Wake Up

BATHING
SKIN CARE
MAKE BED
STRETCH
GET DRESSED

Outside
Time

SUN BATHING
READING
GO FOR A WALK

Fun/Social

HOBBIES
STREAMING
SEE A MOVIE
COFFEE DATE
MEET A FRIEND

For the
Body

YOGA
BIKE
WALK
FITNESS CLASS
STRETCH
HIKING
BODY WEIGHTS
HIIT

For the Heart

BAKE A SWEET TREAT
PLAY AN INSTRUMENT
SING A NEW SONG
LEARN A NEW DANCE
PAINT A LANDSCAPE OR ABSTRACT PIECE
GARDEN
READ FOR PLEASURE
COOK A NEW MEAL
CALL A FAMILY MEMBER
PRACTICE A NEW LANGUAGE
DRAW SOMETHING YOU SEE

For the
House

CLEAN OUT DRAWERS
CLEAN CLOSET
CLEAN/WHITEN SHOES
LAUNDRY
WIPE DOWN COUNTERS
SWEEP/VACUUM FLOORS
CLEAN WINDOWS
SCRUB SHOWER
CLEAN TOILETS
TIDY UP

Breakfast

Lunch

Dinner

Snacks

For the Brain

WORK
STUDY
HOMEWORK
READ FOR SCHOOL
LECTURES
RESEARCH
PUZZLES



MISSION: QUEST LOG - SETTING & SMASHING GOALS



Background:

Heroes don't just wander—they choose quests. But a powerful quest needs a plan, not just a dream. In adulthood, we call this setting SMART goals: goals that are **S**pecific, **M**easurable, **A**chievable, **R**elevant, and **T**imebound. This exercise helps you define a real-life mission and build a plan to complete it, step by step—just like any epic journey.

Materials:

- Completed Power Skills Assessment (p.
- "SMART Goal Worksheet" (or blank notebook/paper)
- Pen or pencil
- Timer
- Optional: Markers or stickers to decorate your quest log

Instructions:

1. Using the Power Skills Assessment, select one item to use as a beginning goal area to develop adulthood skills.
2. Set a timer for 15 minutes. During this time, write a draft of 2-3 different SMART goals (see brainstorming questions for more information on writing SMART goals) to build this skill. When the timer goes off, choose the best goal. Write it in the SMART goal box.
3. Set a timer for 5 minutes. Write down all of the strengths and barriers that may help or get in the way of achieving this goal.
4. Set a timer for 5 more minutes. Complete the remaining questions about motivation and developing a "why" for this goal.
5. Set a timer for 3 minutes. Write down 3 milestones to help you measure the goal.
6. Once you've identified milestones, record a target date to achieve the goal.
7. Begin working on your SMART goal.

Tips:

- If your goal feels too big, that's okay! Break it down into smaller mini-goals. Every epic adventure starts with one small step.
- After you have your goal written, return to your Sidekick Squad list and choose someone to share your goal with and ask for help if needed.

SMART GOAL WORKSHEET

USE THE WORKSHEET BELOW TO GENERATE A SMART GOAL.

BRAINSTORMING

SMART

ASK THESE QUESTIONS: **Specific** - What is the behavior we want to achieve? **Measurable** - How will you know we've achieved it? **Attainable** - What is the realistic outcome? **Relevant** - Why is this important? **Time Bound** - When will we achieve this by?

TARGET GOAL DATE:

What tools do I have to succeed?

STRENGTHS

What's getting in the way right now?

BARRIERS

Why do I want to accomplish this goal?

Why might others want me to accomplish this goal?

What good things will happen when I accomplish the goal?

Milestones To Know I'm Making Progress

1
2
3



MISSION: SKILL BUILDING - PRACTICE. PRACTICE. PRACTICE.

Background:

No hero becomes great overnight. Every adulting skill gets stronger with practice—just like training to be a superhero! In this exercise, you'll choose one skill you want to grow and track your practice over one week. Practicing even small actions regularly can lead to big confidence boosts.

Materials:

- "Skill Practice Tracker" worksheet (or blank notebook)
- Pen, pencil, or colored markers

Instructions:

1. Print or open a copy of the Skill Practice Tracker worksheet.
2. Using the SMART goal worksheet, choose a week to focus on the Power Skill you want to improve.
3. Pick 1–2 practice actions you'll do daily or a few times this week to build that skill.
4. Write them in your Skill Practice Tracker and check off or log your efforts each day.
5. At the end of the week, reflect on what you learned and whether the skill feels easier, more familiar, or more confident.
6. If you'd like, make some changes based on your reflection and repeat for another week. Keep your trackers in your binder to see how far you've come!

Tips:

- It's okay to miss a day. What matters most is returning to your practice, not being perfect.
- **"How do I pick a practice action?"** – Choose something small, realistic, and repeatable—like "make a to-do list each morning" or "prep one lunch this week."

SKILL PRACTICE WORKSHEET

LOG YOUR ADULTING PROGRESS

	DATE	BEHAVIOR 1:	BEHAVIOR 2:	DAILY TOTAL
M				
T				
W				
T				
F				
S				
S				
WEEKLY TOTALS:				



WHAT DID I LEARN THIS WEEK?



MISSION: ENERGY FIELDS - MANAGING STRESS & BIG FEELINGS

Background:

Even the strongest heroes (and the most successful adults) get overwhelmed—by stress, frustration, sadness, or sensory overload. But great heroes prepare. This mission helps you understand your emotional “triggers” (things that drain or upset you) and identify your “energy shields”—strategies that help you feel calm, safe, and in control.



Materials:

- "Triggers & Tools Tracker" worksheet (or blank paper)
- Pen, pencil, or markers
- Optional: Timer or calming object (like a fidget or soft item) to use during reflection

Instructions:

1. Think about the last time you felt overloaded—mad, anxious, shut down, overwhelmed, or “melting down.”
2. On your worksheet, list common TRIGGERS—situations, people, places, or sensations that make big feelings harder to handle (e.g., loud noises, unexpected changes, too much social interaction).
3. Now list your warning signs: How do you know you’re reaching your stress limit? What does your body feel like? (Examples: tense jaw, upset stomach, racing thoughts, zoning out.)
4. In the next column, brainstorm TOOLS that help recharge your emotional energy. These can be sensory, social, physical, or mental strategies (Examples: going for a walk, deep breaths, texting a friend, using noise-canceling headphones).
5. Circle or star your Top 3 go-to strategies—your “heroic energy shield moves.”
6. Keep the tracker somewhere visible or easy to access for the next time you feel stress starting to rise.

Tips:

- You may need different tools for different types of stress. Try labeling them (for anger, for anxiety, for overwhelm).
- If you don’t know what helps yet, that’s okay! Think about what has helped even a little in the past—or ask someone you trust from your Sidekick Squad what they’ve seen work for you.

TRIGGERS & TOOLS

BETTER MANAGE STRESS AND BIG FEELINGS



MY COMMON TRIGGERS:

What situations, people, places, or sensations make big feelings harder to handle (e.g., loud noises, unexpected changes, too much social interaction).



WARNING SIGNS:

How do you know you're reaching your stress limit? What does your body feel like? (Examples: tense jaw, upset stomach, racing thoughts, zoning out.)



MY ENERGY SHIELDS:

For each trigger, what strategies help recharge your emotional energy? These can be sensory, social, physical, or mental strategies (Examples: going for a walk, deep breaths, texting a friend, using noise-canceling headphones).

MY TOP 3 STRATEGIES

1

2

3



MISSION: LEVEL UP: BUILDING ROUTINES THAT STICK

Background:

Every hero has a rhythm—a set of daily habits that give them energy, confidence, and stability. These patterns aren't just chores; they're power moves. For neurodivergent adults, routines help reduce decision fatigue, manage time, and keep life from feeling chaotic. In this mission, you'll build one simple routine that supports your goals and makes daily life easier.

Materials:

- “My Daily Agenda” worksheet (or notebook)
- Pen or pencil
- Timer or phone (optional, for tracking time estimates)

Instructions:

1. Download and print the My Daily Agenda worksheet for each day you intend to plan.
2. Record the date.
3. In the "Today's Schedule" area, begin by outlining the day's tasks in the order they are likely to occur. Record appointments, classes, assignments, and household chores that need to be completed. Estimate how much time it will take and any materials that are necessary to complete the task. Having a plan and time estimation will help you adjust other items around the schedule.
4. After completing the schedule, choose 2-3 items that are "High Priority." These are key things that must be done by the of the day.
5. Next, plan out meals for the day. Pre-planning meals can save time and decision-making later on.
6. Make a plan for what chores and exercise activities need to occur during the day.
7. Throughout the day, record daily water consumption and new ideas in the Brainstorming Box.

Tips:

- Keep it short and realistic. 3-5 core steps is a great starting point!
- This is a great exercise to do with a roommate or family member from your Sidekick Squad who can help you evaluate all the items to build into your daily routine.

LEVEL 9

MISSION: YOU'RE ON YOUR WAY!

Background:

Even the smallest wins deserve a spotlight. Heroes don't just wait until the end of the story to celebrate—they recognize progress at every checkpoint. Whether it's sticking with a new routine, using a coping strategy that worked, or just showing up on a tough day, your efforts matter. This mission helps you reflect on your growth, identify personal milestones, and plan a meaningful way to celebrate.



Materials:

- “Hero Milestone Map” worksheet (or journal)
- Pen, markers, or colored pencils
- Optional: Stickers, printed photos, or a small reward item

Instructions:

1. Reflect on the past few weeks of your adulting journey. What have you tried, learned, or stuck with? These could be: A new habit that's getting easier; a difficult situation you handled better than before; a skill you've practiced more than once
2. On the worksheet, write 3–5 personal milestones you've hit—big or small.
3. Draw or write about your "Hero Journey Path" so far. Where did you start? Where are you now?
4. Choose 1 or 2 ways to celebrate your progress. It can be a small treat, a relaxing activity, or telling a friend or mentor about your win.
5. Add a “Next Step” goal to continue your story. What challenge will you tackle next?

Tips:

- Milestones aren't just achievements—they include showing up, being consistent, or doing something with less help than before.
- “What if I didn't reach my goals yet?” – Then your milestone is “I didn't quit.” That's worth celebrating, too.

HERO MILESTONE WORKSHEET

USE THE WORKSHEET BELOW TO CELEBRATE MILESTONES

MILESTONES

WIN!

ASK THESE QUESTIONS: What have you tried, learned, or stuck with? These could be: a new habit that's getting easier, a difficult situation you handled better than before, a skill you've practiced more than once

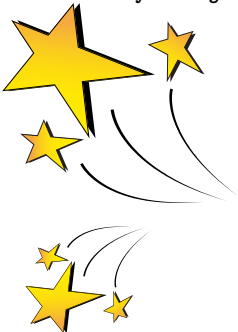
MY HERO JOURNEY

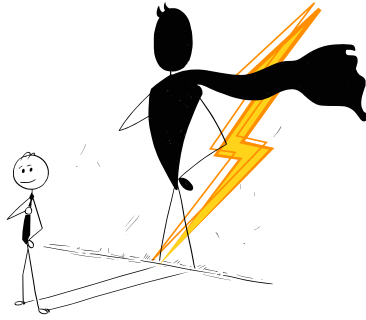
Where did I start?

Where am I now?

CELEBRATING!

Ways I'm going to celebrate progress





YOUR STORY IS JUST BEGINNING.

Remember Jordan?

Our hero who wasn't sure he had what it took to "adult"?

Along the way, Jordan discovered something important: **you don't have to have all the answers to begin. You just have to start.**

Like Jordan, you've taken bold steps. You've explored your strengths, faced challenges, practiced powerful skills, and even built routines and emotional tools that will support you in your next chapters. Whether you nailed every mission or had a few detours, the fact that you showed up, reflected, and took action? That makes you a true Adulting Champ.

And just like every great hero, you don't have to go it alone.

When you're ready to level up even further, the Life Skills Advocate team have got your back.

Visit LifeSkillsAdvocate.com to find more workbooks, micro-courses, and printable tools designed just for neurodivergent individuals just like you.

More missions await—and your story is far from over.

Keep going, Hero. The world needs what only you can bring.

ABOUT THE AUTHORS



Hi, I'm **Chris Hanson** and I was born and raised in Cleveland, Ohio. I moved to the Seattle area in September of 2008 and soon after, I met my amazing wife, Lisa!

I earned my special education teaching degree while working as a paraeducator in the Kent School District. Overall, I have about 8 years of classroom experience and 20 years and counting of personal experience with ADHD and anxiety. I started Life Skills Advocate in 2019 because I wanted to create the type of support service I wish I had when I was a teenager struggling to find my path in life.

With everything I do, my mission is to uplift the neurodivergent community to embrace their strengths and self-advocate with confidence.



Amy Sippel is a Minnesota-based Board Certified Behavior Analyst (BCBA) and freelance content developer specializing in helping individuals with diverse learning needs and their families reach their best possible outcomes.

Amy earned a Master's Degree in Applied Behavior Analysis from St. Cloud State University and also holds undergraduate degrees in Psychology and Family Social Science from the University of Minnesota – Twin Cities.

Amy has worked with children with autism and related developmental disabilities for over 15 years in both in-home and clinical settings. Her content focuses on helping parents, educators, and professionals collaborate effectively—emphasizing simple strategies and tips to maximize the success of every learner.