

# **The Capacity-Based Realistic Goal-Setting Workbook**

*for Military and Neurodivergent Families*

**Honoring your season.  
Respecting your capacity.  
Building goals that fit your real life.**

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# INTRODUCTION

*A workbook that finally understands your life.*

Most goal-setting tools were never built for families like yours. They assume predictable routines, stable support systems, and a level of flexibility that military life and neurodivergent family life rarely allow. They expect you to stay consistent, push harder, and “just be more disciplined,” without ever acknowledging the invisible labor you carry every single day.

This workbook is different.

It was created for the parent who is juggling deployments, therapies, appointments, school meetings, meltdowns, transitions, and the emotional weight of holding everyone together. It’s for the family who has tried traditional workbooks and walked away feeling defeated, behind, or “not disciplined enough,” when the truth is: those resources were never designed for your reality.

Written by a military spouse, mother of a neurodivergent child, and mental health professional who has lived this reality.

Here, you won’t find pressure, false positive narratives, or unrealistic expectations.

You’ll find **validity**, **capacity**, and **compassion**.

This workbook helps you:

- understand the season you’re in
- honor your actual capacity
- build goals that flex with your life
- create routines that support your family’s needs
- celebrate progress that feels meaningful, not performative
- shift out of survival mode gently and sustainably

You don’t need a different personality.

You don’t need more willpower.

You don’t need to “try harder.”

You need tools that work *with* your life, not against it.

This workbook is your space to breathe, reflect, and build goals that fit the real you - the you who is doing your best in a world that demands more than most people will ever understand.

Start where you are.  
Honor what's true.  
Build from there.

You're not behind. You're not failing.  
You're finally using a system designed for your world.