



Bright White Life Neurodivergent Wellbeing Cards (Coaching Edition)

13 Compact Prompts for Reflection, Grounding & Growth





Pace Not Race

What pace works for you today?

It's OK to go slow. Energy isn't linear, and neither is progress. Resting isn't giving up – it's part of staying in the game.





Sensory Check-In

What's soothing you right now –
and what's adding noise?

Notice your sensory needs like
you'd check the weather: no
judgement, just awareness.





Permission to Pause

When was the last time you stopped – properly stopped?

You don't need to earn rest. You're allowed to pause because you're human, not a machine.





Celebrate Your Spiky Profile

You are not meant to be 'well-rounded'.

What's one area where you shine
– even if you struggle elsewhere?
That contrast is part of your
brilliance.





Your Version of 'Enough'

What does “enough” look like for you – not someone else?

It's OK to redraw the lines of success when the old ones don't fit.





Connection Matters

Who helps you feel seen or safe?

Whether it's one person or a community, connection isn't just nice – it's necessary.





Unmasking Moment

Think of a time you didn't mask.

What helped you feel safe enough to do that? And what did you notice about how it felt?





What's in Your Toolkit?

What supports you when life feels heavy or your brain feels full?

Your toolkit might not look like anyone else's – that's the point.





Routines That Fit You

Forget what you “should” do.

What daily rhythm actually supports your energy, your needs, and your way of thinking?

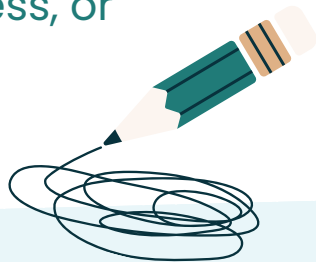
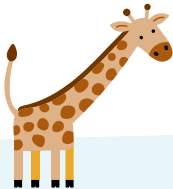




Reframing Success

Whose version of success are you chasing?

What if success looked like sustainability, spaciousness, or simply feeling OK?





Compassionate Self-Talk

Notice your inner voice today.

If you spoke to a friend like that,
would it feel kind?

Try saying it again – but gently.

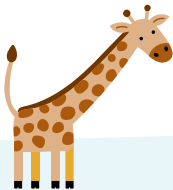




Signals + Signs

What are your early signs of overwhelm?

Name them. They're not weaknesses – they're signals that you matter.





Joy + Comfort

What small thing brings you calm,
joy, or comfort?

A warm mug, a dog's sigh, a
favourite hoodie – don't
underestimate the power of tiny
grounding things.

