Headless Setup Raspberry Pi

1: downloads:
-raspbian buster with desktop https://www.raspberrypi.org/downloads/raspbian/
-VNC viewer https://www.realvnc.com/en/connect/download/viewer/

recommended:
-BalenaEtcher https://www.balena.io/etcher/
-PuTTy https://www.chiark.greenend.org.uk/~sgtatham/putty/latest.html

2: format your SD card to FAT32

3: mount SD card (open BalenaEtcher in administrator mode, select downloaded img file and sd card to write to, press "flash")

4: open a terminal window (in administrator mode!!), move to the directory of the SD card you put your img. file, and add a new file called "ssh" (without extention!) to the SD card Directory.
Open a terminal window (on windows: be sure to do this in administrator mode!) , move to the directory where your SD card is, and type:
(Linux/Mac:) `touch ssh`
(Windows:) `echo. > ssh`

5: startup the Pi and setup ssh connection
for this step you will need an ethernet cable to be connected between the pi and your computer.
open up a terminal window and enter ... ssh@raspberrypi.local
If succesful, you will be asked to log in. enter the default user and password:
default username: pi
default password: raspberry

I recommend using PuTTy (instead of a regular terminal window) to make this connection, as you can easily save your connection settings and transfer files between the pi and your computer.
https://mediatemple.net/community/products/dv/204404604/using-ssh-in-putty-

6: when logged in, type "`sudo raspi-config`", navigate to "interfacing options" and turn on VNC viewer. (you may have to reboot after this)

you can now open up VNC viewer on your computer, enter a new connection with "raspberrypi.local" as adress, and you will have a remote desktop connection.

If you want you can add a new connection, and enter the Pi's wiFi address instead of raspberrypi.local as connection address, so the next time you connect you won't need an ethernet cable anymore.