

# SMART GOALS

Initial Goal: \_\_\_\_\_

<b>S</b>	<b><u>SPECIFIC</u></b> <ul style="list-style-type: none"><li>• What <b>exactly</b> do I want to accomplish?</li><li>• What needs to be included?</li><li>• Do I need assistance?</li></ul>	
<b>m</b>	<b><u>MEASURABLE</u></b> <ul style="list-style-type: none"><li>• How will I know when it is accomplished?</li><li>• How will you measure your success of this goal?</li></ul>	
<b>A</b>	<b><u>ATTAINABLE/ACHIEVABLE</u></b> <ul style="list-style-type: none"><li>• Is this goal within your reach?</li><li>• Is the required effort on par with what the goal will achieve?</li></ul>	
<b>R</b>	<b><u>REASONABLE/RELEVANT</u></b> <ul style="list-style-type: none"><li>• Do you feel driven to accomplish this goal? Why?</li><li>• Is something you actually need to be focusing on now? Is it aligned with other work you're doing?</li></ul>	
<b>T</b>	<b><u>TIME-BOUND/TRACKABLE</u></b> <ul style="list-style-type: none"><li>• What is the deadline for this goal?</li><li>• What are 3 outcomes you can meet to achieve your goal? (See next page)</li></ul>	

# OUTCOME TEMPLATE

S.M.A.R.T. Goal:

What are 3 benchmarks you can meet to achieve your goal?

Deadline for Outcome #1: \_\_\_\_\_

#1

Deadline for Outcome #2: \_\_\_\_\_

#2

Deadline for Outcome #3: \_\_\_\_\_

#3



**TURN THE PAIGE**  
ADHD Coaching & Education for the Unique Mind

## While creating SMART Goals use the 5Ws.

- **Who** will help you?
- **What** do you want to achieve?
- **Where** is this going to happen?
- **When** will your goal be achieved?
- **Why** are you choosing this goal?

Who will help you?

What do you want to achieve?

Where is this going to happen?

When will your goal be achieved?

Why are you choosing this goal?