

Setting SMART Goals for ADHD

SMART Goals is a structured goal-setting method that helps individuals create clear, actionable objectives. For individuals with ADHD, this method is particularly helpful as it breaks down larger tasks into manageable steps and sets clear deadlines, which can help reduce procrastination, enhance focus, and improve organizational skills.

S**Specific**

What is your goal? Write down exactly what you want to achieve. Be clear and detailed about what you expect to accomplish.

Example: I want to finish writing a 20-page research paper on climate change for my environmental science class.

M**Measurable**

How will you measure your progress? Determine how you will track your progress and know when you have achieved your goal.

Example: I will measure my progress by completing 5 pages each week, ensuring that I reach the 20-page target by the deadline.

A**Achievable**

Is your goal achievable? Consider what might make this goal difficult and plan how you can overcome those challenges.

Example: I will allocate two hours each day to work on my paper, ensuring that I have enough time to research, write, and revise.

R**Relevant**

Why is this goal important to you? Ensure that your goal is relevant and meaningful to your overall life or career goals. Reflect on the value and impact of achieving this goal.

Example: Completing this research paper will help me improve my writing skills and deepen my understanding of climate change, which is essential for my career in environmental science.

T**Time-Bound**

What is your deadline for achieving this goal? Set a specific date by which you plan to achieve your goal.

Example: My deadline for the research paper is December 15th. I will start by creating an outline and gathering initial research materials today.

**This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.*



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S

Specific

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How will you measure your progress?

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Achievable

Is your goal achievable?

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Time-Bound

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Be Flexible

If you're struggling to reach a goal, don't be afraid to adjust it. It's okay to change the timeline, make the goal smaller, or alter the steps as needed.

Celebrate Milestones

Reward yourself for every step or milestone you reach, no matter how small. This could be as simple as taking a break, enjoying a favorite treat, or planning a fun activity.

Give Yourself Enough Time

Make sure you have enough time to achieve your goals without feeling overwhelmed. It's better to allow extra time and feel accomplished than to set an unrealistic deadline and feel discouraged.

Stay Patient & Be Kind to Yourself

Progress may be slow, and setbacks can happen. Remind yourself that change takes time, and be kind to yourself if things don't go perfectly.

What obstacles have I encountered, and how have I handled them?

What progress have I made so far? What am I proud of?

What support or resources might help me continue making progress?

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Additional Resources to Support Your Mental Health Journey

It can be hard to know where to begin looking for support in your mental health journey. Getting a referral from a primary care physician is a reliable first step. Also, sometimes family and friends have experienced similar issues and have professionals they would recommend. The experts at ChoosingTherapy.com are here to help as well, with resources we have reviewed and recommend. Our [strict editorial standards](#) ensure our reviews are fair, honest, thorough, and based on firsthand experience.

You Can Trust ChoosingTherapy.com



325+
Companies Reviewed



3,625+
Hours of Firsthand Experience



1,545+
Data Points Analyzed



[Best Online Therapy](#)

Online therapy is a convenient way to connect with a licensed therapist to address mental health issues, reduce unhealthy behaviors, develop effective coping skills, and get more satisfaction out of life. Many companies accept insurance and most have next-day appointments available.

[Best Online Psychiatry](#)

Online psychiatry providers enable patients to consult with licensed psychiatrists and other mental health professionals. They can evaluate, diagnose, and prescribe medication to help manage mental health issues. Many companies accept insurance and most have next-day appointments available.



[Best Mental Health Apps](#)

Apps can be great way to monitor mood, track sleep, journal, and practice healthy coping skills like mindfulness and meditation. There are apps specifically designed to help people reduce the symptoms of depression, anxiety, ADHD, chronic stress, and burnout.

[Therapist Directory](#)

When you're looking for a mental health provider with a very particular skill set, level of experience, or personality type, a therapist directory can be very helpful. Using the filters, you can refine your search until you find a therapist who feels like a perfect fit.

