

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 realistic? What steps can you take to make your goal achievable? Break down your goal into smaller, manageable tasks.

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

Does this goal align with your broader objectives? 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. Identify immediate actions you can take to begin your progress.

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



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