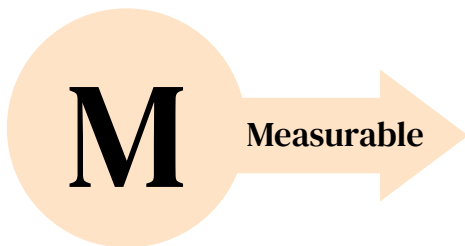


Helping your child set SMART goals is a great way to give them structure and clear direction. This method breaks bigger tasks into smaller, more manageable steps and sets specific deadlines. For a child with ADHD, this can be especially helpful in reducing procrastination and keeping them focused. By creating goals that are Specific, Measurable, Achievable, Relevant, and Time-bound (SMART), you can help them stay organized and motivated. It also helps them build confidence as they complete each step and see their progress.



What exactly do you want to accomplish? Be clear and detailed about what you expect to accomplish.

Example page: I want to complete my science project about volcanoes by creating a model and writing a one-page report.



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

I'll spend one hour researching volcanoes. I'll write down five facts about how volcanoes work. After that, I'll make a list of all the materials I need to build the model. Once I have the materials, I'll spend an afternoon building the volcano model. Then, I'll plan out my report by writing an outline and spend 30 minutes each day writing parts of it until I finish. I'll check off each task as I complete it so I know I'm staying on track.



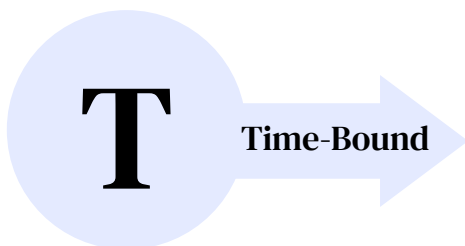
Is your goal achievable? Consider what might make this goal difficult and plan how you can overcome those challenges.

I can do the research by using books and the internet. I'll need help from my parents to buy the materials for the model, and I might ask my teacher if I have questions about the report.



Why is this goal important to you? Brainstorm how this goal fits into something bigger that you care about, like doing well in school or helping out your family.

This goal is important because I want to get a good grade on my science project and learn more about volcanoes, which I think are cool!



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

I want to finish researching by Wednesday, finish building the volcano by Saturday, and complete my report by next Monday so I can turn everything in on time.



SMART Goals



S

Specific

What exactly do you want to accomplish? Be clear and detailed about what you expect to accomplish.



M

Measurable

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



A

Achievable

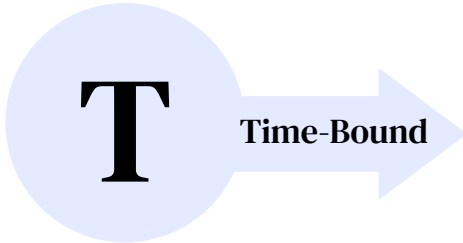
Is your goal achievable? Consider what might make this goal difficult and plan how you can overcome those challenges.



R

Relevant

Why is this goal important to you? Brainstorm how this goal fits into something bigger that you care about, like doing well in school or helping out your family.



T

Time-Bound

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



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?

