



Smart Goals



By Lisa Rudge



Due to the executive functioning difficulties that go alongside ADHD, we can often find it difficult to set goals and be motivated enough to stick to them and see them through. By making our goals SMART, specific, measurable, achievable, relevant and time bound, we are more likely to stick to them.

Specific



Make it about something specific:

-  I'm going to be more organised
-  I'm going to start using a visual timetable for my homework



Measurable

Give it a number so that you know when you have achieved it:

-  I'm going to eat less chocolate
-  I will have a maximum of 4 chocolate bars each week

Achievable

Don't set yourself up for a fall, make sure it is realistic:



I am not going to lose my temper



I will explore ways to better manage my stress levels and emotions.

Relevant

Everyone's goals should be individual to them:



I'm going to eat healthy



I am going to change to

Time bound

Make goals for a set amount of time to enable you to review them:



I'm going to spend less time playing computer games this year



For the next 4 weeks, I will play computer games for a maximum of 45 minutes per day, for 5 days of the week.

Reward yourself!



When you set a goal, it's a good idea to set a reward to help your motivation. Monitor your progress by keeping a note in your diary, on your mobile phone or on your fridge, or anywhere else you will see it. And then treat yourself once you have reached your goal!

