

# SMART Goal Worksheet (Neurodivergent-Friendly)

Supporting Structure, Clarity & Compassionate Progress

## Step 1: Emotional & Executive Function Check-In

- **How am I feeling right now?**  
(Write a few words or draw a face)
- **What's getting in the way of planning or taking action today?**
  - Low energy
  - Stress or overwhelm
  - Too many ideas
  - Perfectionism
  - Not sure what matters most
  - Other: \_\_\_\_\_

Tip: It's okay to feel scattered or stuck. This worksheet is here to support—not pressure—you.

## Step 2: Choose One Focus Area

(You can always come back and do more later.)

- Self-care
- Work / School
- Relationships
- Health & wellness
- Creative project
- Home / organization
- Other: \_\_\_\_\_

### Step 3: Break Down Your SMART Goal

Letter	What it Stands For	Your Response
S	<b>Specific</b> – What exactly do I want to do?	
M	<b>Measurable</b> – How will I know when it's done (or working)?	
A	<b>Achievable</b> – Is this realistic for me right now, even in a low-energy state?	
R	<b>Relevant</b> – Why does this matter to me? How does it connect to something I care about?	
T	<b>Time-bound</b> – What's my timeline or next checkpoint? (Can be soft/flexible.)	

 If this feels overwhelming, try using a voice note or drawing your answers instead of writing full sentences.

### Step 4: Break It Into Tiny Steps

(Use bullet points, arrows, or boxes—whatever helps your brain.)

Example:

- Set SMART Goal
- Break into steps
- Schedule step 1
- Celebrate tiny win 🎉

### Step 5: Build In Supports

- **What might get in the way of doing this?**  
(Energy drops, distractions, sensory overload, etc.)
- **What will help me follow through?**
  - Set a reminder
  - Ask for accountability
  - Use a timer or visual aid
  - Tie it to an existing habit
  - Offer myself a reward
  - Adjust the environment (lighting, sound, comfort)
  - Other: \_\_\_\_\_

## Step 6: Self-Kindness Plan

- **If things don't go as planned, how will I respond with compassion—not shame?**  
(Examples: "I'll take a break and try again later," "Progress, not perfection," or "This is part of the process.")

## Optional Closure: Name Your Goal

(Make it fun, visual, or symbolic—something your brain will want to remember!)

Goal nickname or symbol: \_\_\_\_\_

(Draw it here if you want!)

## Use This Worksheet When:

- You feel scattered and want to create *gentle* structure
- You have something important to do but feel stuck
- You want to make progress without overwhelming yourself