

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	Specific – What exactly do I want to do?	
M	Measurable – How will I know when it's done (or working)?	
A	Achievable – Is this realistic for me right now, even in a low-energy state?	
R	Relevant – Why does this matter to me? How does it connect to something I care about?	
T	Time-bound – 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