



# SMART GOAL GUIDE

## A Helpful Goal-Setting Guide by



We set goals all the time. Often the goals are too general to really be helpful. When we don't have any idea how to actually achieve the goal, we may be afraid to try or try and fail.

SMART goal setting provides a specific roadmap for success.

## What is a SMART goal?



- **Specific:** Write a detailed description of the goal.
- **Measurable:** Exactly how will I measure progress toward my goal?
- **Attainable:** Given current circumstances, does the goal make sense?
- **Realistic:** Is the goal relevant to my life purpose? Is it realistic, given my current circumstances?
- **Timely:** When, exactly, will I begin working on this goal and when will I reach my goal?

## What is an example?

Here's a great example of a SMART goal for a client working to improve her health.



- **Specific:** I will get healthier by doing at least 3 sessions totaling 150 minutes/week of exercise that increases my heart rate.
- **Measurable:** I will track sessions, minutes, and heart rate and record this on a chart.
- **Attainable:** I have checked with my doctor, who agrees that 150 minutes per week is OK for me.
- **Realistic:** My doctor and therapist have encouraged me to exercise to improve my physical and mental health.
- **Timely:** I will begin on Monday morning and give myself 2 weeks to work up to the full 150 minutes. I will have achieved this goal when I can accomplish 150 minutes per week for at least 4 consecutive weeks.

## How can I use this tool?



Sharing your SMART goal will help you achieve it. Write out your SMART goal and share it with me via email. I will review it, provide feedback, and check in with you about your progress on achieving your goal! My email is [BFelsen@SpectrumTransitionCoaching.com](mailto:BFelsen@SpectrumTransitionCoaching.com).

“*Successfully achieved goals are the stepping stones for making improvements in life. A coach is a trusted guide who can help.*”  
*Beth Felsen, Master of Psychology, Autism specialist*

**At Spectrum Transition Coaching, we prepare autistic young adults for success in college, career, and life.**

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