

## Making SMART Goals

After identifying a goal you wish to achieve, you may be faced with the thought, “what’s next?” Having a clearly defined goal and a way to measure success can make goal achievement easier. S.M.A.R.T is an acronym that helps guide the process of goal setting.

# S



### SPECIFIC

Why, What,  
Where,  
and When

# M



### MEASURABLE

How much? How  
many times?  
  
What is the  
outcome?

# A



### ATTAINABLE

Reasonable  
end goal.  
  
Do you have the  
pre-requisite skills?

# R



### RELEVANT

Is it an area of:  
• interest  
• strength  
• relevance

# T



### TIME-BASED

When will you  
accomplish  
this goal?

## EXAMPLES

### Trying new foods

I will eat one food that I have never tried before, during three meals, within one week.

### Applying for a job

I will submit a resume and application to two different jobs by September 30, 2022.

### Being more active

I will walk for 15 minutes a day for three days of the week for one month.

For information on goal setting in adulthood, see the workshop, “OAP Exploring the Pathways Beyond the Teens Years” offered by Kerry’s Place Autism Services.