

Strategies to Achieve Success

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.

S M A R T



SPECIFIC

Why, What, Where, and When



MEASURABLE

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



ATTAINABLE

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



RELEVANT

Is it an area of:

- interest
- strength
- relevance



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 November 30, 2024.

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.

For more information, contact Kerry's Place Autism Services:

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