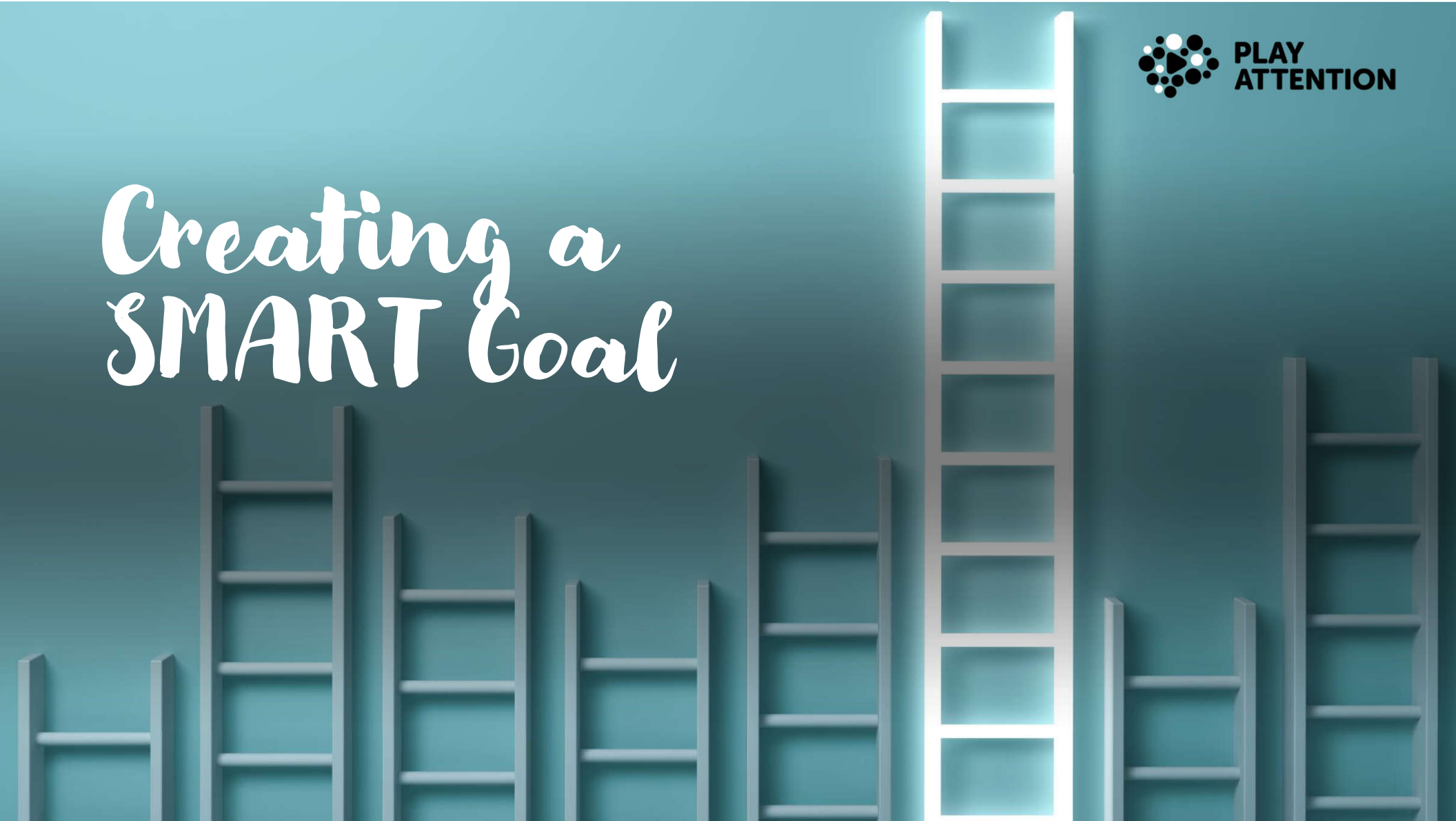


Creating a SMART Goal



**PLAY
ATTENTION**



What is a SMART Goal?

- An acronym used to create a type of goal that is very defined and specific to help individuals be more successful in their goals.

What does
SMART
Stand for?

S- Specific

M- Measurable

A- Achievable

R- Realistic

T- Timeline

S-Specific

Well defined

Detailed

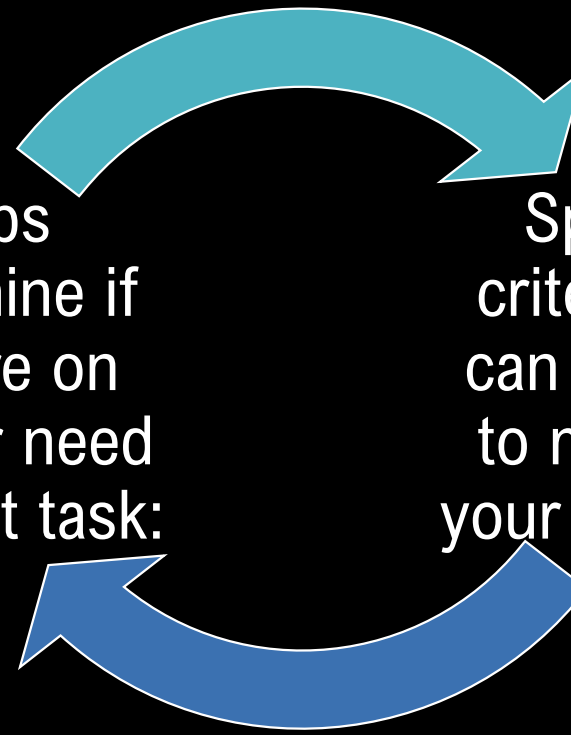
Clearly understandable

Questions to ask: Who, What,
Where, When and Why

M- Measurable

Helps
determine if
you are on
track or need
to adjust task:

Specific
criteria that
can be used
to measure
your progress



A- Achievable

Is the goal attainable

Does the goal need to be broken up or is it realistic

Question to ask:
Have others achieved it before?

R- Realistic

Does it fit
into your
life's
purpose?

Are you
committed?

Is it achievable?

T- Timeline

Creating a clear start date
and end date

Helps create a sense of
urgency

Helps keep you on track

Example:

Goal: Walk 30 minutes a day, 5 days a week

- Health is wealth, exercising for a recommended 150 minutes a week can reduce your risk of having heart disease, obesity, diabetes, high blood pressure, depression, etc.^[2]
- You can achieve this goal by brisk walking for 30 minutes a day on Mondays – Fridays. You may further break it down to 15 minutes each for morning and evening.

Goal: Improve your listening skills

- Whether it is talking with a spouse, a colleague at work or a casual friend, most people are swift to talk but poor at listening. You can know whether you are improving in your listening skills by asking for feedback after you have made your contributions.
- For example, ask questions like “Has my answer addressed your concerns?”, “Is there anything else I can help with?”, “Do you have anything else in mind you want me to know?” By listening more you let people know that their opinions really matter to you.

Examples taken from www.lifehack.org



Make a goal to improve your executive function & self-regulation.

- Call 800-788-6786 to speak with one of our Executive Function Specialists about your customized Play Attention program.
- Play Attention sets personalized mini goals for you every session based on your previous performance. This automated goal setting helps you constantly strive for higher levels of achievement. It is part of our customized deliberate practice model.
- We can help you reach your goals by developing skills that will last a lifetime.
- It's time to focus on success!

www.playattention.com