



ADHD Coaching
WALDO HECHTER

Dream SMART Workbook

Use the App



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Introduction

How often have you had a dream/vision/goal in mind just for someone to tell you that it is not a SMART goal, and then getting dejected to eventually giving up, or failing after the first week because you did not reach your-self imposed targets?

We get so easily demotivated and distracted from our dream that we often forget the real reason we are working so hard in the first place.

The DREAM SMART workbook is specifically designed to keep your dream intact, allowing you to readjust your actions based on your lifestyle.

Welcome to your DREAM SMART workbook.

How it works

Write down your dream/vision. Here it is important NOT to include many details, those come later.

Next, write down, up to three goals. These three goals should be the different elements required to achieve your dream. Here you can start using the SMART goal system, keeping in mind there are actions to follow that will be extremely specific in nature.

Here we are now at your weekly actions. Write up to three actions for each GOAL. These should be extremely specific, down to the number of times a week you want to do this action.

Lastly you will list your actions and make a not in your planner. Reflecting on your progress after each week and adjusting your actions in your planner for the following week based on your reflection.



DREAM SMART workbook

Now that you have set out your programme, it is time to put it into action. Use the weekly timetable to schedule your actions.

How to Use Your Schedule

Decide how many times each week you want to complete your planned actions.

Each day, use the daily affirmation to remind yourself of what you intend to do. At the end of the week, take time to reflect on your progress. Ask yourself what went well and what could be improved.

If you didn't complete all your planned actions, consider why. Were there expected or unexpected obstacles? Only adjust your actions if the issue keeps happening. If your current lifestyle doesn't allow for your planned actions, adapt your expectations for the following week so they fit realistically into your routine.



List three Actions for each Goal

A

- 1 _____
- 2 _____
- 3 _____

B

- 1 _____
- 2 _____
- 3 _____

C

- 1 _____
- 2 _____
- 3 _____



“Fear is the mind-killer.”

Dune (2020)



“There is only one map to the journey of life and it lives within your heart.”

Willie Nelson



WEEK 1

Week Day Acheived
Targets

| Actions | M | T | W | T | F | S | S | y /n |
|---------|---|---|---|---|---|---|---|---------|
| A.1 | | | | | | | | |
| A.2 | | | | | | | | |
| A.3 | | | | | | | | |
| B.1 | | | | | | | | |
| B.2 | | | | | | | | |
| B.3 | | | | | | | | |
| C.1 | | | | | | | | |
| C.2 | | | | | | | | |
| C.3 | | | | | | | | |

Weekly Wins

rate your week ☆☆☆☆☆



WEEK 2

Week Day Acheived
Targets

| Actions | M | T | W | T | F | S | S | y /n |
|---------|---|---|---|---|---|---|---|---------|
| A.1 | | | | | | | | |
| A.2 | | | | | | | | |
| A.3 | | | | | | | | |
| B.1 | | | | | | | | |
| B.2 | | | | | | | | |
| B.3 | | | | | | | | |
| C.1 | | | | | | | | |
| C.2 | | | | | | | | |
| C.3 | | | | | | | | |

Weekly Wins

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What I learned

Changes for next week



*“I’m not afraid of storms,
for I’m learning how to sail
my ship.”*

Little Women (2019)



*“I feel on the verge of madness
or greatness.”*

American Psycho (2000)



WEEK 3

Week Day Acheived
Targets

| Actions | M | T | W | T | F | S | S | y /n |
|---------|---|---|---|---|---|---|---|---------|
| A.1 | | | | | | | | |
| A.2 | | | | | | | | |
| A.3 | | | | | | | | |
| B.1 | | | | | | | | |
| B.2 | | | | | | | | |
| B.3 | | | | | | | | |
| C.1 | | | | | | | | |
| C.2 | | | | | | | | |
| C.3 | | | | | | | | |

Weekly Wins

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WEEK 4

Week Day Acheived
Targets

| Actions | M | T | W | T | F | S | S | y /n |
|---------|---|---|---|---|---|---|---|---------|
| A.1 | | | | | | | | |
| A.2 | | | | | | | | |
| A.3 | | | | | | | | |
| B.1 | | | | | | | | |
| B.2 | | | | | | | | |
| B.3 | | | | | | | | |
| C.1 | | | | | | | | |
| C.2 | | | | | | | | |
| C.3 | | | | | | | | |

Weekly Wins

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“Carpe diem. Seize the day, boys. Make your lives extraordinary.”

Dead Poets Society (1989)



*“After all, tomorrow is
another day.”*

Gone with the Wind (1950)



WEEK 5

Week Day Acheived
Targets

| Actions | M | T | W | T | F | S | S | y /n |
|---------|---|---|---|---|---|---|---|---------|
| A.1 | | | | | | | | |
| A.2 | | | | | | | | |
| A.3 | | | | | | | | |
| B.1 | | | | | | | | |
| B.2 | | | | | | | | |
| B.3 | | | | | | | | |
| C.1 | | | | | | | | |
| C.2 | | | | | | | | |
| C.3 | | | | | | | | |

Weekly Wins

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WEEK 6

Week Day Acheived
Targets

| Actions | M | T | W | T | F | S | S | y /n |
|---------|---|---|---|---|---|---|---|---------|
| A.1 | | | | | | | | |
| A.2 | | | | | | | | |
| A.3 | | | | | | | | |
| B.1 | | | | | | | | |
| B.2 | | | | | | | | |
| B.3 | | | | | | | | |
| C.1 | | | | | | | | |
| C.2 | | | | | | | | |
| C.3 | | | | | | | | |

Weekly Wins

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“Our lives are defined by opportunities, even the ones we miss.”

The Curious Case of Benjamin Button (2008)



“Dream until your dreams come true.”

Aerosmith (1973)



WEEK 7

Week Day Acheived
Targets

| Actions | M | T | W | T | F | S | S | y /n |
|---------|---|---|---|---|---|---|---|---------|
| A.1 | | | | | | | | |
| A.2 | | | | | | | | |
| A.3 | | | | | | | | |
| B.1 | | | | | | | | |
| B.2 | | | | | | | | |
| B.3 | | | | | | | | |
| C.1 | | | | | | | | |
| C.2 | | | | | | | | |
| C.3 | | | | | | | | |

Weekly Wins

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WEEK 8

Week Day Acheived
Targets

| Actions | M | T | W | T | F | S | S | y/n |
|---------|---|---|---|---|---|---|---|-----|
| A.1 | | | | | | | | |
| A.2 | | | | | | | | |
| A.3 | | | | | | | | |
| B.1 | | | | | | | | |
| B.2 | | | | | | | | |
| B.3 | | | | | | | | |
| C.1 | | | | | | | | |
| C.2 | | | | | | | | |
| C.3 | | | | | | | | |

Weekly Wins

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*“Kindness isn’t weakness,
but strength.”*

Cinderella (2021)



“It’s only after we’ve lost everything that we’re free to do anything.”

Fight Club (1999)



WEEK 9Week Day
Targets Acheived

| Actions | M | T | W | T | F | S | S | y /n |
|---------|---|---|---|---|---|---|---|---------|
| A.1 | | | | | | | | |
| A.2 | | | | | | | | |
| A.3 | | | | | | | | |
| B.1 | | | | | | | | |
| B.2 | | | | | | | | |
| B.3 | | | | | | | | |
| C.1 | | | | | | | | |
| C.2 | | | | | | | | |
| C.3 | | | | | | | | |

Weekly Wins

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WEEK 10

Week Day Acheived
Targets

| Actions | M | T | W | T | F | S | S | y /n |
|---------|---|---|---|---|---|---|---|---------|
| A.1 | | | | | | | | |
| A.2 | | | | | | | | |
| A.3 | | | | | | | | |
| B.1 | | | | | | | | |
| B.2 | | | | | | | | |
| B.3 | | | | | | | | |
| C.1 | | | | | | | | |
| C.2 | | | | | | | | |
| C.3 | | | | | | | | |

Weekly Wins

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“Dreams feel real while we’re in them. It’s only when we wake up that we realize something was actually strange.”

Inception (2010)



“Our survival instinct is our greatest source of inspiration.”

Interstellar (2014)



WEEK 11

Week Day Acheived
Targets

| Actions | M | T | W | T | F | S | S | y /n |
|---------|---|---|---|---|---|---|---|---------|
| A.1 | | | | | | | | |
| A.2 | | | | | | | | |
| A.3 | | | | | | | | |
| B.1 | | | | | | | | |
| B.2 | | | | | | | | |
| B.3 | | | | | | | | |
| C.1 | | | | | | | | |
| C.2 | | | | | | | | |
| C.3 | | | | | | | | |

Weekly Wins

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WEEK 12

Week Day Acheived
Targets

| Actions | M | T | W | T | F | S | S | y /n |
|---------|---|---|---|---|---|---|---|---------|
| A.1 | | | | | | | | |
| A.2 | | | | | | | | |
| A.3 | | | | | | | | |
| B.1 | | | | | | | | |
| B.2 | | | | | | | | |
| B.3 | | | | | | | | |
| C.1 | | | | | | | | |
| C.2 | | | | | | | | |
| C.3 | | | | | | | | |

Weekly Wins

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“It’s what you do right now that makes a difference.”

Black Hawk Down (2002)



*“You don’t need a compass to
find your direction in life.”*

North Star (2022)

