

From Goal Setting to Success Systems

What is DREAMS™?

A brain-based approach to goal setting that transforms traditional SMART goals into comprehensive success systems. While developed with ADHD/neurodivergent clients in mind, this framework benefits all clients by creating personalized, sustainable paths to goal achievement.

Domain Expertise

Key Question: What is the client's experience level/familiarity with this goal?

- Match goal type to experience level
- Beginners: Focus on process and learning
- Experts: Focus on specific outcomes

Range of Success

Key Question: What are the different degrees of success you could achieve?

Set Gradient Goals™ by predefining different tiers of success:

- Minimal Progress (still counts)
- Partial Success (good progress)
- Target Achievement (primary goal)
- Stretch Goal (bonus achievement)

Empowerment

Key Question: Is this goal genuinely chosen?

- Shift from "should" to "choose"
- Connect with intrinsic motivation
- Satisfy need for autonomy

Awareness of Loss & Gain

Key Question: What do you stand to gain by pursuing this goal AND what do you stand to lose if you do NOT pursue this goal?

- Loss awareness creates urgency
- Gain awareness sustains engagement

Modify Environment

Key Question: How can we reduce friction?

- Create dedicated space
- Set up visual cues and reminders
- Stage resources for immediate access

Support Systems

Key Question: What external scaffolding maintains momentum?

- Establish regular feedback mechanisms
- Create accountability partnerships
- Design celebration rituals

Connect & Learn More:

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If you found this workshop valuable, consider joining the ADHD Practitioners Community:

A dedicated & intimate space designed exclusively for professionals supporting clients with ADHD. Our aim is to provide a supportive network of like-minded colleagues, where we can share challenging cases, learn from one another, and create a safe environment for growth and development.

Learn more at <https://www.neural-revolution.com/adhd-practitioners-community>