



Specific (What, exactly, in detail, do you want to achieve?)

Blank white text area for writing the specific goal.



Measurable (How will you know when you've reached your goal? Quantify it!)

Blank white text area for writing the measurable goal.



Achievable (What resources are needed - do you have them... including time?)

Blank white text area for writing the achievable goal.



Realistic and Relevant (What's the outcome - the change - you're expecting?)

Blank white text area for writing the realistic and relevant goal.



Timed (Break it into steps. When will each step be completed?)

Blank white text area for writing the timed goal.