



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 how to measure the goal.



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

Blank white text area for writing about resources and time needed.



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

Blank white text area for writing the expected outcome or change.



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

Blank white text area for writing a timeline for the goal.