



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

Blank white rectangular area for writing the specific goal.



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

Blank white rectangular area for writing how to measure the goal.



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

Blank white rectangular area for writing about resources and time.



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

Blank white rectangular area for writing about the expected outcome and change.



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

Blank white rectangular area for writing about steps and completion times.