



**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.