

Goal

# PLANNER



## SPECIFIC

WHAT DO YOU WANT TO ACHIEVE?

Blank space for writing specific goals.

## MEASURABLE

HOW WILL YOU TRACK YOUR PROGRESS?

Blank space for writing measurable progress tracking methods.

## ACHIEVABLE

WHAT ACTIONS MUST YOU TAKE TO COMPLETE THIS GOAL?

Blank space for writing achievable actions.

## RELEVANT

HOW DOES IT FIT INTO YOUR BROADER OBJECTIVES?

Blank space for writing relevant broader objectives.

## TIME-BOUND

WHAT IS THE DEADLINE?

Blank space for writing time-bound deadlines.

## NOTES

Blank space for writing notes.