

20 SMART Goal Examples for the Fall Season

1. I will read 2 books between September and October this year.
2. I will have my garage completely organized and decluttered in the next 2 months.
3. This Fall, I will decorate my house for both Halloween and Thanksgiving.
4. I will take 1 class at a local community college to improve my skills.
5. I will use my grill to barbecue vegetables every weekend in September and October.
6. I will go apple picking at least once this Fall.
7. I will go hiking twice this Fall.
8. I will plant flower bulbs in my garden to bloom in the Spring.
9. I will save \$250 for each of the 3 Autumn months to put aside for emergencies.
10. I will walk or run 10 miles weekly in September, October, and November.
11. I will visit a farmer's market once a month.
12. This Fall, I will finalize my Christmas shopping list and start shopping.
13. I will tour a winery with some friends.
14. I will take my kids (or nieces and nephews) to an amusement park.
15. I will reorganize my closet before the beginning of October.
16. I will make 5 new foods that I have not made before this Fall season.
17. I will buy a new planner/calendar for the new year and start filling it in with important dates.
18. In the Fall, I will do at least one weekly self-care activity.
19. I will attend one local school's Fall season game taking place (football, water polo, volleyball, etc.)
20. I will make a vision board for my top 3 long-term-five-year goals.