

30 Personal SMART Goals to Choose for the New Year

Lose 20 pounds within 3 months and keep the weight off all year long.

Drink absolutely no sodas or sugary drinks from January to December of this year.

Go hiking 4 times in the next 12 months.

Write a list of 12 new things I want to learn to make in the next 12 months and make one new thing each month!

Learn to play a musical instrument and play 3 tunes on it in the next 12 months.

Read 12 books in the next 12 months by writing the titles down and purchasing the books in advance.

Go on social media once each day to comment or like at least 5 posts.

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Take an adult school or college-level course to learn something new or count the units toward a degree.

Plan and put deposits toward 2 small trips to go on this year.

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Clean out the entire garage and keep it decluttered for the next 12 months.

Set a reminder on the telephone to call or text all my contacts on their birthdays in the next 12 months.

Send 1 Thank You card to someone who does something nice for me each month for 12 months.

Attend two museums in 12 months.

Pay off one credit card completely in the next 12 months.

Attend church (or house of worship) once each month for 12 months.

Save \$2,000 in the bank between now and 12 months from now.

Do something charitable, like volunteering or donating, four times in the next 12 months.

Take yoga classes once every 2 weeks.

Call to check on a friend or acquaintance once each month for 12 months.

Train to run, and run and half-marathon in the next 12 months.

Attend one conference that will help with self-improvement or self-development this year.

Set a limit for how much to spend on clothing, shoes, accessories, and jewelry for the next 12 months and stick to that limit.

Attend one self-improvement or self-development this year.

Open a bank account that is specifically for saving for a new car or to purchase a home, then save 10% of the total you need within 12 months.

For the next 12 months, make a grocery list each time you need to go to buy groceries so you can get only the items you need and nothing more.

Organize the closet neatly and by outfits and keep it organized and tidy for the next 12 months.

Celebrate every single fun or national holiday in some way, shape or form, for the next 12 months.

Grow 2 to 3 items at home or in a garden, such as herbs, small vegetables, or flowers.