

20 Personal SMART Goals Examples to Improve Your Life

All our lives are directed towards achieving some life goals, whether we are thinking about them carefully or not. To be more proactive and productive, we have to learn how to set specific personal goals that we can use to measure our personal growth and progress. In other words, our goals have to be SMART, and SMART goals examples are not hard to come by.

To guide you as you begin to write SMART goals for your personal development, I have provided some examples of SMART personal goals that you can set to improve your life.

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What Are Personal Goals?

Personal goals are the expressions of the things you want to achieve for yourself in life, whether those are business goals, family goals, or lifestyle goals. When you think about what you want to achieve in life and set goals towards achieving them, you will become more [self-motivated](#) and [positive](#).

Your specific goals can be in the form of [short-term goals](#) or [long-term goals](#). They can provide you with long-term direction and short-term motivation[1]. Below are some examples of personal goals:

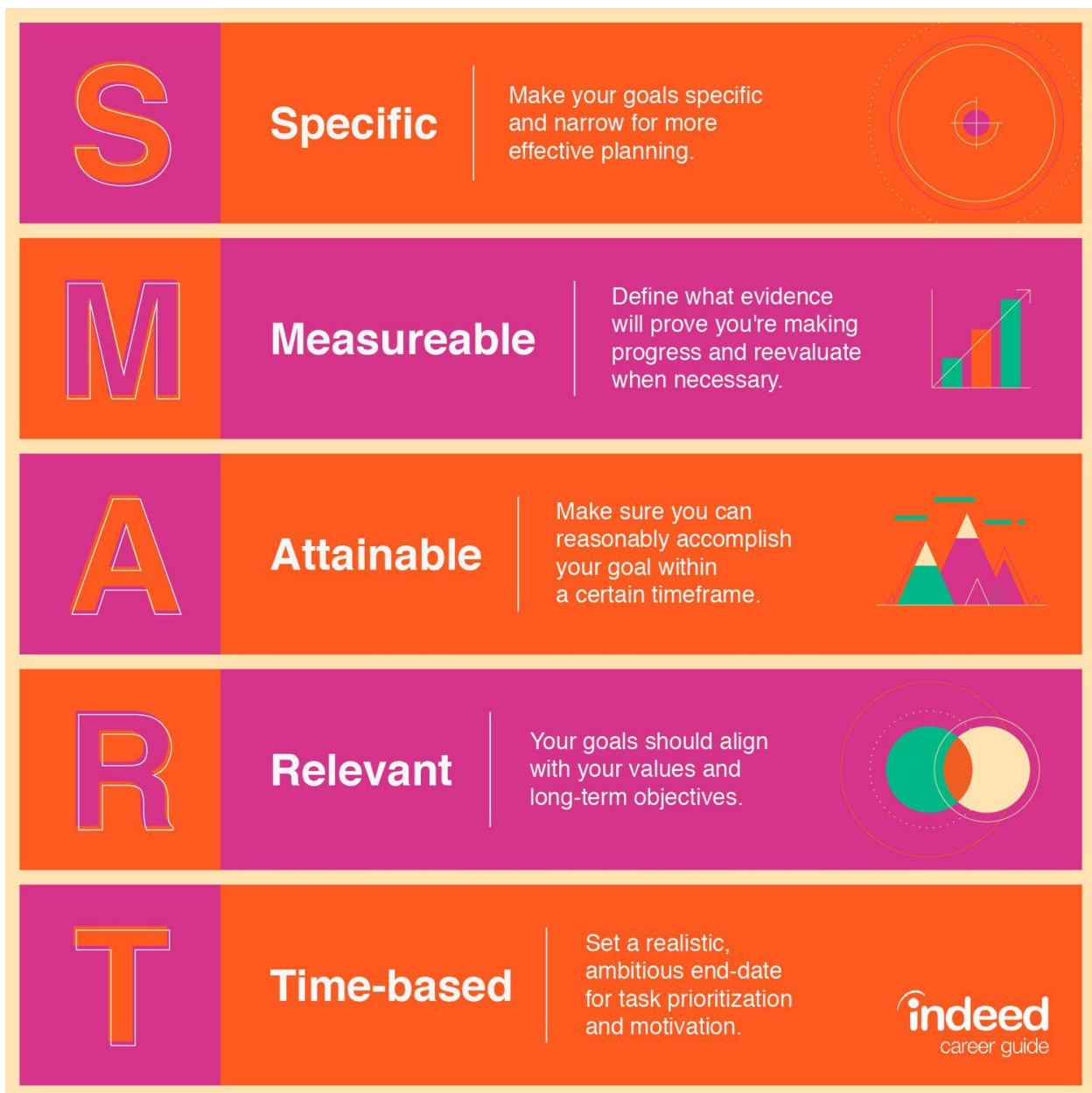
- Learn something new every week
- Work out every morning
- Keep a daily journal
- Volunteer at a non-profit every month

What Are S.M.A.R.T Goals?

S.M.A.R.T. goals are goals written to conform to the following criteria: Specific, Measurable, Achievable (or Attainable), Realistic (or Relevant), and Time-bound. [The S.M.A.R.T. process](#)

was originally a management concept that was presented as a SMART way to write management goals and objectives. It was written in the following manner:

- **Specific:** Target a specific area for improvement.
- **Measurable:** Quantify or suggest an indicator of progress for measurable goals.
- **Achievable:** Specify who will do it and how.
- **Realistic:** State what results can realistically be achieved, given available resources.
- **Time-related:** Specify the target date or general time frame when the result(s) can be achieved.



Without making your goals SMART, they may be vague goals or just mere resolutions[2]. [Setting SMART goals](#) will help you think through your goals carefully so that you can give your goals structures that can be easily tracked and implemented. But setting a SMART goal is not it, you need to know exactly what to do next to help you get to your goal step by step. The [Make It Happen Handbook](#) is great tool to help you plan your goal and get to it successfully. Get your handbook and reach your goal this year!

20 Personal SMART Goals Examples

The following are 20 personal SMART goals examples that you can set to improve your life. They cut across different areas of life but generally fall into the category of personal goals. Some of them are daily and weekly habits while some can take a longer time to achieve.

1. Walk 30 Minutes a Day, 5 Days a Week

Health is wealth, and exercising for a recommended 150 minutes a week can reduce your risk of heart disease, obesity, diabetes, high blood pressure, depression, etc.[3].

You can achieve this goal by brisk walking for 30 minutes a day on Mondays – Fridays. You may further break it down to 15 minutes each for morning and evening.

2. Improve Your Listening Skills

Whether it is discussing with a spouse, a colleague at work, team members, or a casual friend, most people are swift to talk but slow to listen. You can know whether you are improving your listening skills by asking for feedback after you have made your contributions

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For example, ask questions like “Has my answer addressed your concerns?” or “Is there anything else I can help with?” You need to listen more to let people know that their opinions really matter to you, making this one of the best SMART goals examples.

3. Speak up to Increase Visibility

Are you one of those that hide in the crowd and barely talk in meetings? Setting a personal goal to increase your visibility is something worth considering. Plan ahead before each meeting to consider the agenda and prepare to make thoughtful and meaningful contributions.

4. Improve Presentation / Public Speaking Skills

With thorough research, adequate preparation, and rehearsals, you can make [effective PowerPoint presentations](#) and [deliver great speeches](#). Set a goal to always research your topics thoroughly, and make time to rehearse before each presentation. This is one of the best SMART goals examples as it will help you both personally and professionally.