



Printable list of **WEEKLY GOALS**



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List of Weekly Goals

Here are some examples of weekly goals that you might consider setting for yourself:

1. **Exercise regularly:** Set a goal to exercise a certain number of times per week or to complete a specific type of workout.
2. **Eat healthy meals:** Make a plan to prepare and eat a certain number of healthy meals each week.
3. **Learn a new skill:** Set a goal to spend a certain amount of time each week learning a new skill, such as a new language or a new hobby.
4. **Reduce stress:** Set a goal to practice stress-reducing activities, such as meditation or yoga.
5. **Get organized:** Set a goal to declutter or organize area of your home or office each week.
6. **Build Network:** Set a goal to connect with a certain number of people in your professional network each week.
7. **Write:** Set a goal to write a certain number of words or pages each week, whether it be for a personal project or for work.
8. **Save money:** Set a goal to save a certain amount of money each week or to cut back on unnecessary expenses.

9. **Practice self-care:** Set a goal to take time for yourself each week, whether it's going for a walk, reading a book, or taking a relaxing bath.
10. **Complete work tasks:** Set a goal to complete a certain number of work tasks or projects each week.
11. **Spend quality time with loved ones:** Set a goal to spend a certain amount of time with family and friends each week.
12. **Volunteer or give back to your community:** Set a goal to volunteer your time or resources to help others.
13. **Read or listen to a book:** Set a goal to read or listen to a certain number of pages or chapters each week.
14. **Practice a hobby:** Set a goal to spend a certain amount of time each week pursuing a hobby or creative outlet.
15. **Time management:** Prioritize your tasks and manage your time effectively to achieve the goals.

Weekly Goals for Students

We all know that it's important to have weekly goals for ourselves, but what about our students? With so much going on during the school year, it can be hard to keep on top of everything. That's where weekly goals come in - they allow us to focus on one task at a time, and make sure that everything gets done.

Here are some tips for creating weekly goals for students:

1. Make sure the goals are reasonable and achievable.
2. Make sure the goals are relevant to the student's interests and needs.
3. Make sure the goals are time-sensitive - they should be achievable within a week, but not so small that they're not worth achieving.
4. Make sure the goals are meaningful to the student.
5. Make sure the goals are positive - they should inspire the student instead of putting pressure on them.
6. Make sure the goals are reviewed and updated every week.
7. Make sure the goals are motivating - they should make the student feel excited about achieving them.
8. Make sure the goals are fun - they should be things that the student enjoys doing, not things that he or she has to do.

It's that time of the week again - time to set your weekly goals for students! Here are a few ideas to get you started:

1. Establish a weekly routine for studying and homework.
2. Spend time each day reading for pleasure.
3. Participate in extracurricular activities that interest you.
4. Make time each week to spend with family and friends.
5. Make time each week to relax and enjoy your free time.
6. Stay organized and stay on top of your schoolwork throughout the week.
7. Set aside time each week to reflect on your life and what you are striving for in the future.
8. Challenge yourself intellectually by taking on new academic challenges or trying out new hobbies.
9. Get enough sleep - a good night's sleep is essential for academic success.
10. Eat healthy meals - a healthy diet will help you stay fit and healthy, and it will also improve your concentration and mood.
11. Be mindful of your diet and exercise habits and make changes where necessary.
12. Stay positive - a positive attitude is key to success, and it will help you stay motivated throughout the week.