



Printable list of MONTHLY GOALS



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42 MONTHLY GOALS

1. Read four books in a month
2. Run a half marathon
3. Start a daily meditation practice
4. Learn a new language
5. Complete a specific training or certification program
6. Start a new hobby
7. Save a specific amount of money
8. Create monthly budget plan and stick to it
9. Write a daily journal
10. Volunteer at a local organization
11. Improve your public speaking skills
12. Learn a new instrument
13. Go on a walk or run daily
14. Start gratitude practice
15. Join a sports team or club
16. Start a side hustle
17. Develop a skincare routine
18. Improve your time management skills
19. Learn to cook a new type of cuisine
20. Create a daily exercise routine
21. Complete a 30-day challenge
22. Start a garden
23. Quit a bad habit
24. Join a book club
25. Go on a trip or vacation
26. Start a daily yoga practice
27. Join a social group or club
28. Learn a new software or technology
29. Create self-care routine
30. Try a new outdoor activity
31. Attend a concert or live event
32. Start mindfulness practice
33. Improve your sleep habits
34. Start a daily visualization practice
35. Learn a new sport
36. Go on a date night with your partner
37. Start a daily affirmations practice
38. Start a daily journaling practice
39. Go on a weekend getaway
40. Learn a new card or board game
41. Start a daily art or creativity practice
42. Improve your communication skills

Monthly Goals for Students

1. Attend all classes and lectures
2. Complete all assignments and projects on time
3. Read one book per week
4. Improve your study habits, such as by creating a schedule or finding a study group
5. Participate in extracurricular activities or clubs
6. Volunteer in your community
7. Learn a new skill or take an online course
8. Start a daily exercise routine
9. Improve your time management skills
10. Create a budget and start saving money
11. Improve your public speaking skills
12. Join a social group or club
13. Attend a workshop or seminar to learn a new skill
14. Take a trip or vacation
15. Start a daily gratitude practice
16. Learn a new language
17. Start a side business or freelance gig
18. Start a daily writing practice
19. Quit a bad habit
20. Start a daily mindfulness practice
21. Improve your communication skills
22. Start a daily journaling practice
23. Learn a new software or technology
24. Start a daily self-care routine
25. Improve your sleep habits
26. Start a daily affirmations practice
27. Learn a new sport
28. Start a daily art or creativity practice
29. Try a new form of exercise

Monthly Goals for Self Improvement

1. Read one book per week
2. Start a daily exercise routine
3. Improve your time management skills
4. Learn a new skill or take an online course
5. Volunteer in your community
6. Create a budget and start saving money
7. Improve your public speaking skills
8. Join a social group or club
9. Attend a workshop or seminar to learn a new skill
10. Take a trip or vacation
11. Start a daily gratitude practice
12. Improve your relationship skills
13. Learn a new instrument
14. Improve your financial knowledge and planning.
15. Learn a new language
16. Start a daily writing practice
17. Quit a bad habit
18. Start a daily mindfulness practice
19. Improve your communication skills
20. Start a daily journaling practice
21. Learn a new software or technology
22. Start a daily self-care routine
23. Improve your sleep habits
24. Start a daily affirmations practice
25. Learn a new sport
26. Start a daily art or creativity practice
27. Try a new form of exercise
28. Start a daily prayer or mindfulness practice

Monthly Goals for Work

1. Complete a specific project or task
2. Attend a workshop or training program to improve your skills
3. Increase your productivity
4. Improve your time management skills
5. Network with colleagues or attend industry events
6. Learn a new software or technology relating to your field of work
7. Volunteer for a new project or task
8. Develop a new skill or expertise
9. Improve your communication skills
10. Collaborate with a colleague or team on a specific project
11. Create a plan for career advancement
12. Seek out a mentor or coaching
13. Attend a seminar or conference related to your field
14. Set and achieve a personal productivity goal, such as completing a certain number of tasks in a day
15. Collaborate with a team to achieve a specific goal
16. Take on a leadership role in a project or task
17. Set and achieve a financial goal, such as saving a certain amount of money
18. Improve your work-life balance
19. Seek out new opportunities for professional development
20. Set and achieve a goal related to improving your work environment, such as implementing a new process or system.

Monthly Goals for Couples

1. Go on a date night once a week
2. Have a weekly check-in to discuss goals and priorities
3. Plan a getaway or day trip
4. Try a new hobby or activity together
5. Attend a workshop or seminar to improve relationship skills
6. Start a weekly exercise routine together
7. Volunteer in your community together
8. Go on a weekly walk or hike
9. Start a monthly budget and work on saving money together
10. Cook a new type of cuisine together
11. Have a weekly game night
12. Start a monthly book club
13. Go to a concert or live event together
14. Take a cooking class together
15. Plan a monthly outing, such as going to a museum or visiting a nearby town
16. Start a monthly tradition, such as a movie night or game night
17. Plan a monthly date night at home, with a homemade dinner and a movie
18. Have a weekly conversation about your goals and dreams for the future
19. Start a monthly art or creativity project together
20. Learn a new language together
21. Start a monthly self-care routine, such as taking a bubble bath or getting a massage
22. Go on a monthly hike or outdoor adventure
23. Start a monthly gratitude practice together
24. Take a monthly couples' yoga class