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than 5 7 10 items at any one time and don t try to cheat by including sections with several goals under each section this is a recipe for losing focus and accomplishing very little instead focus on a handful of goals that you can repeat almost from memory 2 summary vague goals that lack clarity are often left undone even if they have great potential transform fuzzy objectives into attainable goals with the smart goals framework smart is an acronym for specific measurable achievable realistic and time bound an example of a smart goal statement might look like this our goal is to quantifiable objective by timeframe or deadline key players or teams will accomplish this goal by what steps you ll take to achieve the goal accomplishing this goal will result or benefit how to write smart goals you probably have a wide range of personal goals but do you know what steps you re going to take to achieve them check out 36 examples of personal goals here as well as some things you can do today to get started if you have ever felt stuck wondering what are some good weekly goals to set these weekly goal examples are here to help inspire you these goal ideas are going to be focused on a variety of different topics and areas of life personal goals examples longer term goals 1 save for a mortgage aim to build up enough savings to afford a down payment on a house within the next 5 years 2 learn a new language strive to become fluent in a second language to broaden your cultural understanding and professional prospects and potentially travel there 3 finally go off grid example you strive to get a promotion because of the higher authority and larger paycheck that come with the new role rather than the increased responsibility and job satisfaction attached to the position achievement motivation this motivation entails performing tasks to achieve specific objectives here are six examples of smart goals for leadership summary professional development goals are objectives that help you advance in your career in addition to giving your work a direction and purpose setting goals helps you decide where you want to go and the steps you need to get there

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