

Short-Term Goals To Try In 2025



Professional Goals

Weekly check-ins with a mentor

Improve collaboration skills

Learn a new technical skill

Attend a professional event

Optimize your workflow



Personal Goals

Create a monthly budget plan

Try a digital detox week

Start a morning writing routine

Plan weekly meals

Explore a new hobby

Learning Goals

Learn a new word daily

Read a book on time management

Practice daily writing

Solve daily math problems

Follow an educational podcast

Fitness Goals

Do 10-minute morning stretches

Add a new exercise to your routine

Practice mindful breathing

Walk every evening