# January goals – 2018

I am starting a new series on my blog! I plan to write a post each month containing some goals I want to achieve, and a wrap up of how I went with the previous month's goals.

In January, there are three areas in which I have goals. Although it's already the second week of the month, I am going to jump in!

## *Bookish goals:*

I want to **read one poem a day** this month. I have always loved poetry and have been reading even more of it over the past few months, so I feel like reading one a day will be a nice way to concentrate on them.
I also want to **read one short story a week**. I enjoy having things to read that I can dip in and out of, and I also like to write short stories.
In 2017 I aimed to read more non fiction than I did, so to start the year off well, I want to **begin a non fiction book** in January.

## *Health goals:*

I need to **increase my protein intake** at the moment due to one of my health conditions, so this month I want to focus on this. It's easier said than done when you can't eat meat, beans and legumes!!!
I also want to **begin pilates and return to tai chi**.

## *Writing goals:*

This year I plan to work on an extended piece of writing outside of uni work. So this month I want to **do research** related to a story idea I have. I also plan to **make an outline** of the story.

Writing down goals and sharing them with others is a great way to stay motivated and accountable. Do you think monthly goals might work better for you than a few big ones for the year? What are some that you have on your list?