2014 Goals

Intention (What do you want to achieve?)	**Specific** (What is to be attained, by whom, where, when, why?)	**Measurable** (How much? How often? How many?)	**Attainable** (Your goal must be possible. Do not limit yourself, but make it possible.)	**Relevant** (Your goal can be fun and just for you, but it must also fit in to other aspects of your life and your purpose.)	**Time-Based** (You must have milestone dates. They are very good motivators.)	**Reward** (Not that you are going to give yourself a reward when you achieve the goal, but the achievement IS the reward. What will be great about achieving this goal?)