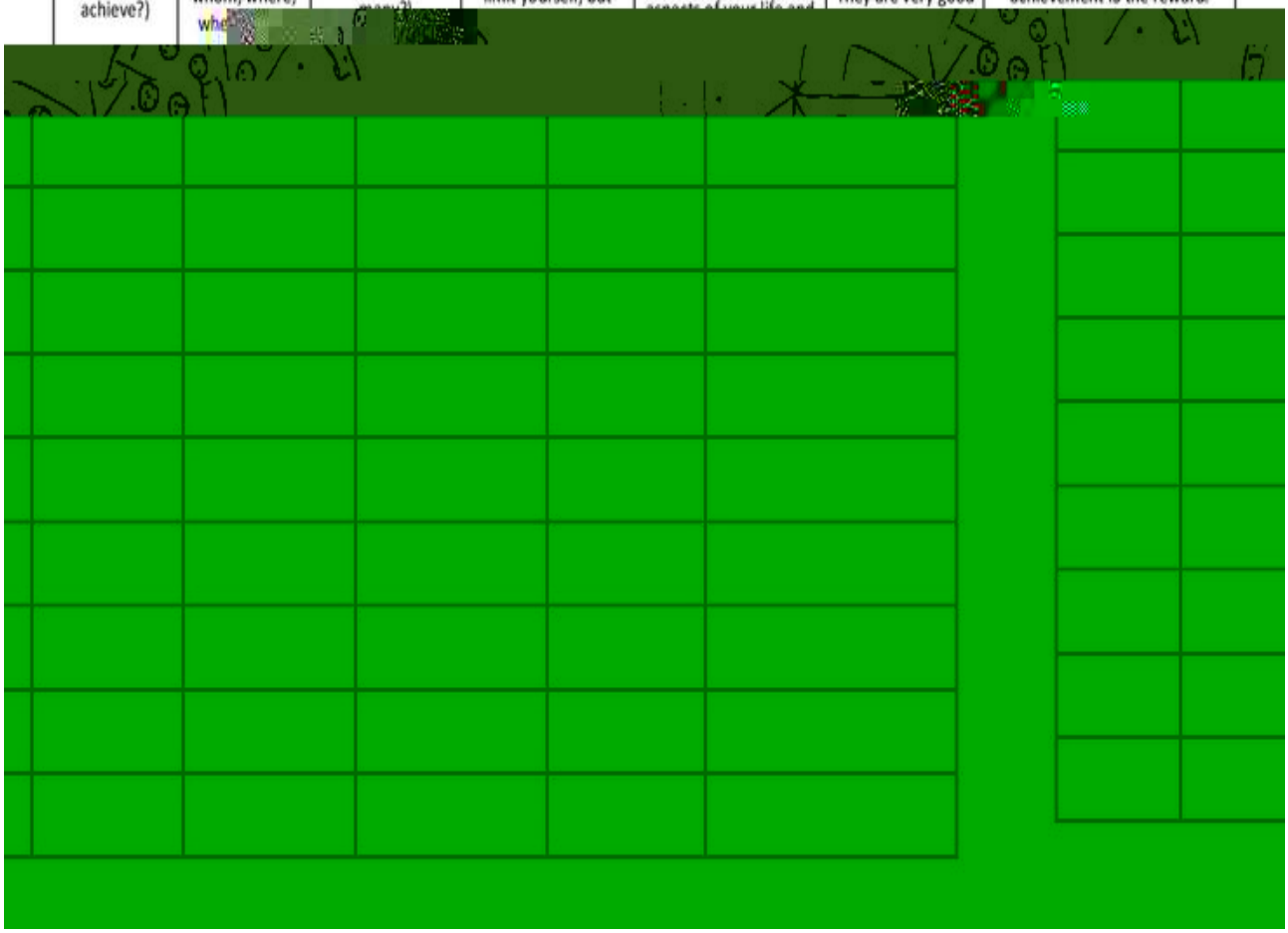
2014 Goals

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