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?)