

## Goals

### Quote

You are never too old to set another goal or to dream a new dream. C. S. Lewis

<http://www.brainyquote.com/quotes/keywords/goal.html>

### Bible Verse

For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future. Jeremiah 29:11

### Inspiration

Goal Setting: Creates the finish line

<http://www.youtube.com/watch?v=RNPbamAf9r4>

Motivation for goal setting

[http://www.youtube.com/watch?v=B7r7YY\\_E00A](http://www.youtube.com/watch?v=B7r7YY_E00A)

### Journaling

Goal setting has become an essential building tool. However it can be useful in our personal lives too.

Have you set personal goals for 2013?

If so, how are you getting on?

If not, why not set some now.

You can see mine at

### Technique Challenge

Use a doily as a stencil

[http://www.youtube.com/watch?v=gZ39oQ\\_XXf4](http://www.youtube.com/watch?v=gZ39oQ_XXf4)

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