The Honors Journal of Alpha Beta Gamma

ΑΒΓ

Virtus Et Umbra

International Business Honor Society of Community, Junior, and Technical Colleges

Canada · United States · Mexico

Fall 2014

Annual Leadership Conference
April 16-18, 2015 in Little Rock, Arkansas

Alpha Beta Gamma members will meet in Little Rock, Arkansas for the 2015 annual Leadership Conference scheduled for April 16-18 at the Marriott hotel in downtown Little Rock. Be prepared for three exciting days of presentations, networking, awards and fun activities.

Little Rock has many interesting things to do and see, including museums, parks, walking trails, and historic buildings. During your free time, you might consider some of these sites/activities:

- The Arkansas Art Center; Arkansas Governor's mansion;
- Arkansas Inland Maritime Museum (home of the USS Razorback which is the longest-serving submarine in the world)
- The Arkansas Trail (walk and/or cycle and take in spectacular scenery)
- Riverfront Park (works of art on the path to the Clinton Presidential Center)
- Big Dam Bridge (the longest pedestrian and bicycle bridge in the world)
- Esse Purse Museum (more than 3,000 handbags and contents of a multitude of 20th century women)
- Heifer International (non-profit organization dedicated to ending world hunger)
- Little Rock Central High School (crucial battleground in the civil rights struggle)
- Little Rock Farmers Market (downtown shopping experience)
- Not to mention many breweries and eating establishments unique to this city.

Hope to see you in Little Rock!

For more information, turn to page 4

ABG National

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NATIONAL STUDENT PRESIDENT, 2014
Lindsay Partridge, Sigma

NATIONAL STUDENT VICE-PRESIDENT, 2014
Drayvon Carmichael, Delta

STUDENT EXECUTIVE COMMITTEE, 2014
Colleen Leu, Sigma
Melody Harper, Sigma
Almin Ronnie Thakkar, Beta Rho

Special Features This Edition

2015 Leadership Conference Information..... pgs 1, 4
National Student Officers Photo Spread..... pg 4

Resources for Success..... pgs 5-6, 10, 17

Articles By National Student Officers..... pgs 9, 12, 13-14

PLUS

- **Tips and hints on How to Succeed**
- **Humorous quips and quotes**
- **Resources for Members of ABG**

... and much more!

Letter from the Editor

As we approach the holiday season, I am sure that all of you are really busy wrapping up classes, preparing for the holidays, getting your scholarship submissions fine-tuned for the 2015 Leadership Conference, and preparing for chapter award submissions. Please take time to reflect on all of the things we have to be thankful for as 2014 draws to a close. I am sure that we are all looking forward to getting together once again, this time in Little Rock, Arkansas. Until then, I wish you all a blessed and happy holiday season!

Please also remember that the Honors Journal belongs to all Alpha Beta Gammans and we encourage all submissions. I would like to ask each chapter to send an article highlighting your chapter—tell us what special projects you have done, what fund raisers have worked (or not worked) for you, or highlight any outstanding achievement of your members. Perhaps one of your officers can take on the job of "historian" and share this information with us. Please feel free to email your submissions to me at gaye.andersen@abg.org.

Happy Holidays!

NATIONAL LEADERSHIP CONFERENCE

ACCOMODATIONS AND REGISTRATION

The 2015 National Leadership Conference will be held April 16-18 at the Downtown Marriott hotel in Little Rock, Arkansas. The Marriott is a 5 star property located in the heart of downtown Little Rock.

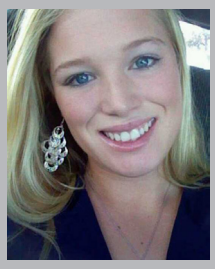
Please make your own room reservations directly with the hotel. The conference room rate is $134 plus tax per night. Reservation numbers are: toll free 1-877-759-6290, hotel direct 1-501-906-4000. *Hotel reservations must be made prior to April 1 to get the conference room rate.*

The Marriott offers complimentary hotel/airport shuttle service, free high speed internet, and a fitness center.

Conference registration fee is $175.00 prior to January 31. Conference registration fee after January 31 will be $200.00. Registration form can be found on the ABG website. Conference fee includes lunch on Friday; trolley tour of Little Rock Friday afternoon; award banquet Saturday evening.

NATIONAL STUDENT OFFICERS 2014-2015

Check out their bios at http://www.abg.org/national-student-officers.asp



President
Lindsay Partridge

Student officers with Kathy Moreno, Student Liason, at the 2014 Leadership Conference

Vice President
Drayvon Chrmichael

Student Executive Committee:

Melody Harper

Almin Ronnie Thakkar

Colleen Leu

In Your Dreams

Everything starts with imagination. We inevitably become the persons we imagine ourselves to be. Every invention begins with imagination, often powered by frustration, curiosity or clever ambition.

Over the years, we become rich or poor, confident or doubtful, happy or frustrated, largely based on how we imagine our lives to be. At an early age, some imagine that their lives will inevitably be blessed with education and they expect to go to school, they read daily, they ask questions, they thirst for knowledge. Inevitably, after a while, they (and the people around them) begin to notice that these people actually know some things!

At the same time, others imagine themselves as "slow" or "limited" or unable to "afford" education—and as a result, they read less, take fewer classes, watch fewer educational YouTube Videos, and gradually fall further and further behind. As the saying goes, "Some people make things happen; some watch things happen, while others can only ask 'What Happened?'"

Some imagine themselves as having a gift or talent, a knack or power to make money. They think about increasing their income. They read about how to make "something out of nothing." They hang out with, read about, or study folks who have made large sums of money, and they pick up tips and tricks, skills and ideas about how they can duplicate what their mentors have already done. They become rich.

Others read the news or listen to people who bemoan that the world is going downhill and that opportunities are limited. They fear that illness or terrorism or some other insidious force will prevent their success. These people worry a lot! They imagine "the game is fixed" and that the "rules are stacked" against them. They believe only the "lucky" can succeed, and tragically, the world they imagine slowly becomes the reality in which they live their lives.

Imagination is universal. We all have it. We all dream, we all fantasize and create images of what tomorrow will bring.

Further, imagination is free and cannot be taken from us. In the Nazi concentration camps, Viktor Frankl noted that imagination was the one thing the guards could never take from the inmates. Imagination is not limited by time or space, or by anything else in the world.

You can imagine anything you wish, at any time. For a moment, imagine you are on a magnificent yacht, with staff attending to your every wish. Or, in contrast, imagine you are in Liberia, surrounded by loved ones dying of Ebola. Whoa! That's awful! So, let's imagine, instead, that you own a prosperous business, that serves millions of customers and generates lucrative profits every month. Imagine you live in a large and sumptuous home, and if you are a guy, that you drive a Lamborghini. (If you are a female, imagine that you are chauffeured in a Bentley).

We imagine our own loves, and our future, every day. I've read that at age 15, Steve Spielberg

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Continued from previous page

imagined himself making the world's best movies. And I suspect that George Lucas dreamed of spaceships and star wars. From biographies, I know that as a sickly, asthmatic boy in New York, Teddy Roosevelt read about cowboys exploring the Wild West. And we know how his story turned out.

According to Walter Isaacson's biography, Albert Einstein was not a particularly gifted mathematician. But, as a young man he imagined himself riding on a beam of light. His imagination changed the world, won a Nobel Prize, and he's considered one of the great geniuses of all time. That man could day dream!

It is vital to take full responsibility for your imagination. It is the foretaste of life's coming attractions. It predicts and previews your future. You become the person you consistently and intentionally imagine yourself to be. Use books and movies, interviews and friendships to create the world you imagine for yourself. When you write or think about your goals, don't merely focus on the facts and achievements, but imagine the world and the life your achievements will create for you. Imagine being the kind of person who routinely achieves your goals, and infinitely more!

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One Minute Tips

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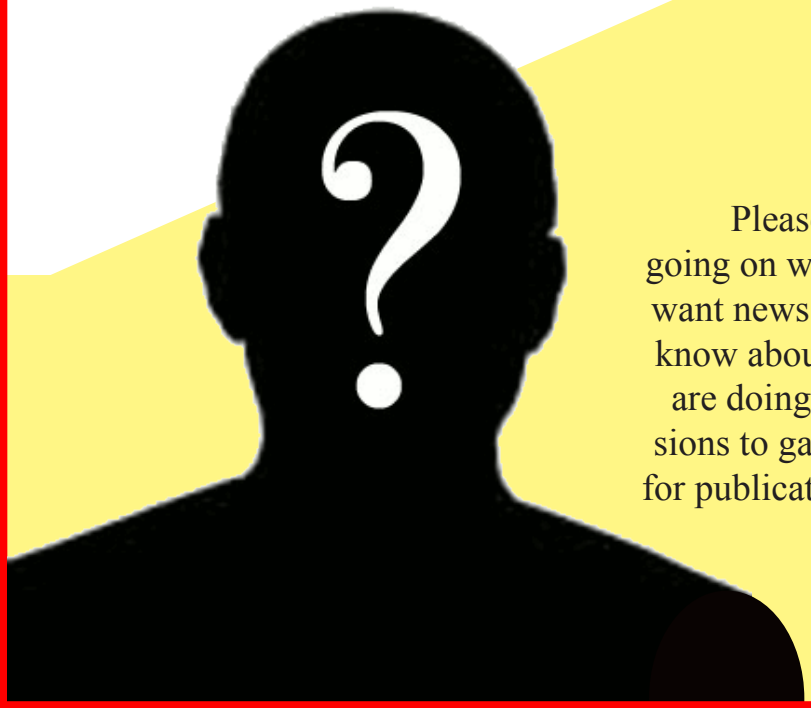
The key to Falling Forward and achieving more by the end of the year is not merely goal-setting. That's an essential first step—what do you WANT? But the key to success is raising your GPA—Goals, Plans and Actions.

Only work can make life worth living, and then only if you do your own work. If you try to do someone else's work, you won't be good at it, you won't love it, and you won't be particularly successful at it. Find the work you do best, the work that only you can do, and then work hard, hard, hard. There is a pot of gold at the end of that rainbow!

ATTENTION Alpha Betta Gammans!



Please let us know what is going on with your chapters—we want news, we want to let others know about the great things you are doing. Send your submissions to gaye.andersen@abg.org for publication in the next Honors Journal.

WE WANT YOUR NEWS!

Has your chapter done something that makes you proud? Share your news with Alpha Beta Gammans and inspire other chapters to do amazing things!

For late-breaking news, time sensitive annoucements, and all kinds of good stuff, check out our website www.ABG.org

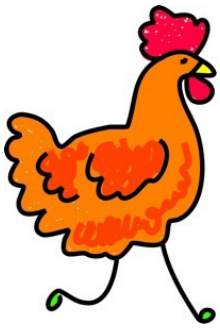
Humor: Why Did the Chicken Cross the Road?

DR. SEUSS
Did the chicken cross the road?
Did he cross it with a toad?
Yes! The chicken crossed the road,
But why it crossed, I've not been told!

ERNEST HEMINGWAY
To die. In the rain. Alone.

EINSTEIN
Did the chicken really cross the road or did the road move beneath the chicken?

MARTIN LUTHER KING, JR.
I envision a world where all chickens will be free to cross roads without having their motives called into question.



COLONEL SANDERS
I missed one?

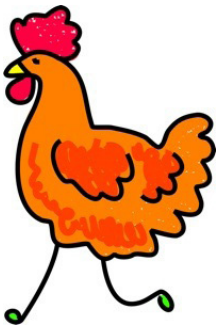
KARL MARX
It was a historical inevitability.

GRANDPA
In my day, we didn't ask why the chicken crossed the road. Someone told us that the chicken crossed the road, and that was good enough for us.

CAPTAIN JAMES T. KIRK
To boldly go where no chicken has gone before.

FOX MULDER
You saw it cross the road with your own eyes. How many more chickens have to cross before you believe it?

RONALD REAGAN
What chicken?



BILL CLINTON
I did not cross the road with THAT chicken.
What do you mean by chicken? Could you define "chicken" please?

GEORGE W. BUSH
I don't think I should have to answer that question.

BARAK OBAMA
The chicken was fleeing oppression and social injustice in search of a better life.

The Balancing Act

By Colleen Leu,
National Student Executive Committee

Being in college is a challenge all on its own. From homework to the class work, there hardly seems a moment that there is not a task that should be completed for the next assignment or project. This does not even include being involved in extra-curricular activities or working. Trying to do this balancing act between work, school, and extra-curricular activities can be extremely tiresome and overwhelming.

I, over this past year, have had a lot of experience with this balancing act because, like many of the others in this group, I do not want to say no to anyone, let alone tell myself I couldn't do something. So, I tried to be involved in everything I could along with my full college load and three jobs. So, I felt that maybe I could provide some insight into how I balanced everything and still kept my sanity. Well, at least I think I did.

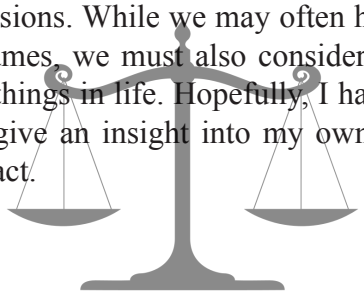
First, you must decide what your main priority is. For myself, it was school. That was the one thing that must be put before the rest. If I did not get a good foundation for my future career, the rest of what I was doing wouldn't matter in the end. So, above all, I made my time for my school work. Of course, that meant that I was up way past my bed time most nights but it had to be done. Pulling an all-nighter has become a very common practice in the lives of college students, though it's not the healthiest habit for us.

With all those late nights, mornings were not very welcome! There were some days that I would contemplate how bad it would be if I just skipped classes and laid in bed for a few more hours, only to come to the decision that, as badly as I wanted to, I could not afford to miss class just because I wanted sleep. Those days were reserved for sickness and emergencies only. Class is just another way to boost grades. Participation grades in classes are some of the greatest ways to improve grades. I mean, who doesn't love a good 100 for sitting in class and answering some questions? If you feel that you will not have the willpower to get up in the morning when class time rolls around, schedule later classes. Afternoons are a great to use if you want to avoid missing those early morning classes.

Next in line were my jobs. As badly as I wanted to work all the time to make money, that was not the best decision I could make. It was nice to have money in the bank when I needed it but, that was not the most important thing. So, I scheduled work around my classes. As soon as class was over I would head to one job or another. There were some days, between work and school, that I had pulled 16 hours. So, when it came time for homework, I procrastinated. But, a solution I found for this was, instead of trying to find a job that just paid well, look for work studies on your college campus. I was a student greeter in one of the halls. While doing my job, I could work on homework. This saved my academic life. Finding something that allows you to work on homework while working is one of the best options for those who are busy, why not do homework if you're slow today?

Last but not least, extra-curricular activities. Since this was on the bottom of my totem pole, there were sometimes I had to say no. I despised that but prioritizing your life makes you put things into perspective. Yes, I want to go to that club meeting where we will talk about the next get-together but, will I be able to get that homework that is due tomorrow done? This question and many others like it ruled my life for a while. And I was forced to put extra-curricular activities behind some other tasks but when I had to, I loved to be involved in everything.

College is about finding ourselves and becoming the people that we strive to be. In that journey, we are forced to weigh the pros and cons of our decisions. While we may often have some fun and games, we must also consider the most important things in life. Hopefully, I have shared a little to give an insight into my own personal balancing act.



It's Time To Use Your Personal Power

Most of the world's truly great people will never be known. You and I will not hear of them and no one will write their biographies. Fortunately, fame and greatness are not the same thing.

Most of us will never be famous and it's unlikely anyone will write our biography. But that has nothing whatever to do with greatness! All of us want to achieve. Whether our goals are to make more money, to have more time with loved ones or to achieve some other goal, the thing TIPS subscribers have in common is the desire to be, do and have more than today.

And, of course, we all have greatness within us. Every one of us is born to make a difference, to play our part, and transform our corner of the world. We all--every single one of us--has the potential to live with joy and gusto and greatness. Why do so many of us settle for small problems, and small lives?

I think we fail to use our personal power.

Because we are not powerful on the world stage, we forget that we have tremendous power in our choices. We may not be rich or famous but we have the power to live with dignity and integrity and ambition. We have the power to smile, to try, to persist. We have the power to read and learn, to pick ourselves up and try again, perhaps in a new and smarter way. We have the power to be loving, to be kind, and the infinite power to create.

We have the power to choose how we live our lives.My sense is that it helps to have a big dream. My father always told us that if we were going to dream, we might as well dream BIG dreams. I think it matters what we expect in life. I think it helps to imagine the best and focus our thoughts, our attention and our intention on big dreams.

But I also think it's vital that we not be distracted by our own dreams. It's helpful and fun to aim for the sky, so long as we realize that even the biggest dreams happen one step at a time. The world's tallest skyscrapers are built one rivet at a time. Oprah Winfrey built her empire one interview, one decision at a time. "A journey of a thousand miles starts with a single step."

Both Nelson Mandela and Marianne Williamson have been credited with the insight that our greatest fear is not that we are powerless, but that (in fact!) we are powerful beyond measure. Whoever said it first, it's true.

We are powerful beyond measure! We have the power to change our world any time we choose. Use your power! Give a smile to someone who needs one. Get up a bit earlier, or work a bit longer, stand a bit taller.

High achievers use their personal power. They get up early. They exercise. They make key phone calls. They read great books. They monitor their time, their nutrition, their investments, their relationships. And so can you! These are the "little things" that create big results!

Use your power every single day! Hug someone one, or call a friend. Do it today, not tomorrow or "someday." Use your power to take a hike, read to a child or make one more sales call. Set aside an hour to read a book, practice a new skill or invite a mentor to lunch. Today, initiate some action that, if repeated over time, will take your life in the direction you want to go.

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More One Minute Tips

When you know exactly what you want, why you want it and how you'll get it, you become unstoppable! Write it all down. Create a calendar and a budget. Allocate time and energy, tools and resources. When you are crystal clear about your goals and have the resources in place, your success is virtually guaranteed.

Each of us has a life to live. It is ours, and only ours. No one can live it for us, and we cannot live anyone else's life for them. It is up to me to find, build and live the life I want, or go to my grave not knowing what "might have been."

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"Opportunities are usually disguised by hard work, so most people don't recognize them."
-- Ann Landers

"To follow, without halt, one aim: That's the secret of success."
-- Anna Pavlova

"Begin somewhere; you cannot build a reputation on what you intend to do."
-- Liz Smith

"Winning is not a sometime thing. You don't win once in a while, you don't do things right once in a while, you do them right all the time. Winning is a habit. Unfortunately, so is losing."
-- Vince Lombardi

We would like to share in your accomplishments!

Please submit any news you have of your personal achievements—Did you recently get married? Have a new baby? Graduate? Get a new job? Get a promotion on your current job? Let us know so we can share your good news! Send your "brags" to

gaye.andersen@abg.org

for publication in the next edition.

Ethics: Mine or Yours?

By Drayvon Carmichael,
National Student Vice President

Being ethical is nowhere near the same as abiding by the law. The law mainly describes ethical standards that many people pledge to follow. However, decrees, much like emotions, can diverge us from what is ethical and accepted behavior. Our peculiar slavery decrees and ancient apartheid laws implemented in South Africa are disturbingly clear instances of laws that diverge from what is said to be ethical.

Also, being ethical is in no way, shape, or form the same as doing whatever humanity deems acceptable. In any society, most people accept values, morals, and beliefs that are virtuous. Principles of behavior in the general public can also divert us from what is ethical. An entire civilization can become ethically immoral. Germany during the time of the Nazi movement is a good example of a morally unethical society.

If being ethical is doing what society feels is acceptable, then to understand exactly what ethics entails, an individual must find out what values and norms society deems acceptable. Additionally, the absence of societal harmony makes it impossible to associate ethics with what society deems acceptable.

What exactly does being or acting ethical consist of? Ethics I feel consist of many things. First, ethics denotes to being well-founded and understanding principles of right and wrong that propose what individuals should do or how to conduct themselves. Human rights, reciprocal of obligations, welfares to society, and equality are a few qualities that ethical people possess. Ethics also refers to those principles that enforce unethical behavior such as corruption, lying, and stealing. Ethical principles also consist of morality, empathy, and trustworthiness. Such beliefs are suitable principles of ethics because they are reinforced by constant and logical motives.

Finally, ethics denotes to the learning and expansion of our own ethical morals. As stated before emotions, laws, and societal values and norms can divert us from what is ethically acceptable. I believe it is essential to regularly analyze our own values to guarantee that they are sound and logical. Ethics I believe is a process with never ending learning of our individual ethical beliefs and demeanors .We must stay motivated so that we guarantee that organizations we build maintain those ethics that are genuine and realistic.

Congratulations!

Gaye Andersen has been appointed Nominating Committee Chair for the Association of College Honor Societies (ACHS). This committee is responsible for filling vacancies on the Board of Directors and other committees as needed. The Annual meeting for ACHS will be held in Reno, Nevada in February, 2015.

The Business of Trust

By Lindsay Partridge,
National Student President

We have all worked with the person that everybody loves. The one who is always asked to attend conferences, the one who somehow manages to get an extended due date from a teacher who never gives extensions, the one everyone goes to for help, and the one you can't help but feel comfortable and accepted around. So how does this person get everyone to believe in them, what is it they have that all of us secretly envy? What they have is the key to trust, and this key is essential to the success of any business, organization, or relationship.

Throughout your journey in life the part you play will vary. At times you will find yourself being the leader, at times a simple employee, and other times a supporting role under authority. The position that you fill has the ability to influence those around you, and how you use that influence will determine how you accomplish different tasks. The president of a club for instance will not gain an ounce of trust from his members if he steam rolls over everyone's ideas and accomplishes things only the way he deems best. The influence perceived by his peers will be that of absolute authority. Eventually the members will not want to contribute ideas or even lend a helping hand out of fear of rejection. But take a president who considers all ideas contributed and includes all members in accomplishing tasks. People will desire to work with him as they trust he will include them and allow them to be part of projects. His influence will be of complete acceptance. As humans, this is something we all subconsciously strive for. The influence of trust given within any group of people directly varies to the speed and efficiency of tasks being completed.

One thing we all must be aware of is that trust isn't something that is easily created, and it is a hundred times easier to break it than it is to earn back. Even after having our trust broken, however, we must not allow ourselves to put up walls and assume everyone is untrustworthy. We must give people the chance to be trusted before that trust can actually be earned. The only way to create trust is to give it room to grow. This is something everyone will struggle with at one point or another, due to the fact that we will lose trust in people, as mistakes are part of human nature. The reward that comes from nurturing a trustworthy relationship and taking the chance on people who never let us down, though, is far worth the disappointment of the few who do.

The two questions everyone asks when venturing into business with someone is "Does this person care about me?" and "Can I trust this person?"

The two questions everyone asks when venturing into business with someone is "Does this person care about me?" and "Can I trust this person?" There are a few ways to have people answer "yes" when they ask this about you. Although the formula for trust isn't set in stone these characteristics that will ensure you are on the right path. One is to be accountable. Make sure you always follow through with commitments. Whether that means starting a meeting at a certain time or showing up at an event, people tend to trust those who follow through with what they say they will do. Someone who always has an excuse or seems to flake out during events will lose accountability among their peers. Also, be a person of integrity, a person who will always do the right thing regardless of who's looking. If you see someone drop a $20 bill out of their pocket, don't just pick it up and keep walking, return it. Help out with clean up after events even if you would rather not. Those people who are always helping and constantly setting morally good examples are always noticed and always looked up to. Finally, be authentic. It is extremely

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easy to try and be the person we think people want us to be because once again, subconsciously, we want nothing more than to be accepted by everyone. But constantly changing who you are gives off an impression off of being insecure and fake. If you don't have enough faith in yourself to be the same person regardless of who's around, why would anyone else have faith in you and your abilities? These are just a few characteristics of trust worthy people, but when practiced will be beneficial to your success in business.

It is has been proven countless times that trust is vital to the successfulness of a business, but it's much more important than just that. Trust will only lead to positive results in relationships, both personally and professionally, and will leave you with a feeling of accomplishment. Becoming a trustworthy person will lead to countless open doors in your life if you'll only take the time to practice what it takes to become one.

Humor: Quotes from Employee Evaluations

His staff will follow him anywhere—but only out of morbid curiosity.

This employee has illusions of adequacy.

She sets low personal standards and then consistently fails to achieve them.

This employee is depriving a village somewhere of an idiot.

Some drink from the fountain of knowledge—he only gargled.

Got a full 6 pack, but lacks the plastic thingy to hold it all together.

A gross ignoramus—144 times worse than an ordinary ignoramus.

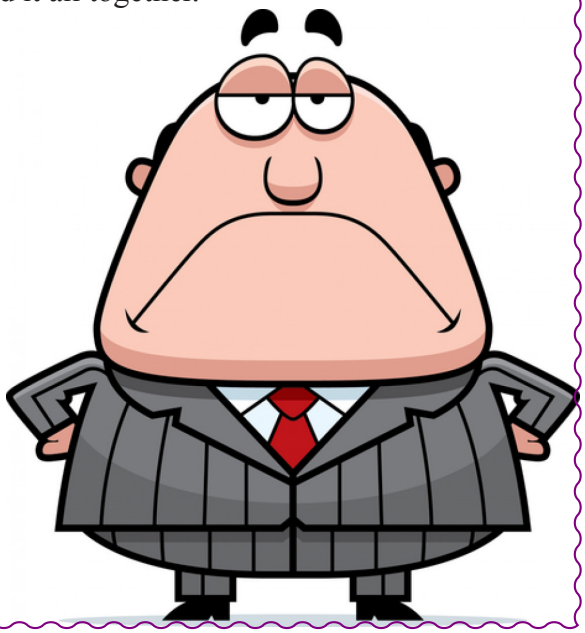
A photographic memory, but with the lens cover glued on.

Gates are down, lights are flashing, but the train isn't coming.

He has two brains—one is lost, the other is out looking for it.

He's so dense light bends around him.

Wheel is turning—but the hamster is dead.



Transferring - Which School is Right For You?

Members of the Accreditation Council (AACSB)

(Only Schools with at least Bachelors, no MBA only schools)

The American Assembly of Collegiate Schools of Business, an organization of institutions devoted to higher education for business administrations and management, was formally established in 1916. The membership of the Assembly has grown to encompass not only educational institutions but business, government, and professional organizations as well, all seeking to improve and promote higher education for business and working to solve problems of mutual concern.

University of Akron
University of Alabama
University of Alabama at Birmingham
University of Alabama in Huntsville
University of Alaska Anchorage
University of Alaska Fairbanks
University of Albany
University of Alberta
Alfred University
The American University
Appalachian State University
University of Arizona
Arizona State University
Arizona State University West
University of Arkansas
University of Arkansas at Little Rock
Arkansas State University
Auburn University
Auburn University at Montgomery
Aurora University
Babson College
Ball State University
University of Baltimore
Baruch College
Baylor University
Bentley College
Binghamton University
Boise State University
Boston College
Boston University
Bowling Green State University
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How to Set (and Achieve!) Better Goals

First, some people have a very difficult time setting goals the way it is usually taught. Goal-setting tends to be a "left brain" or "linear" planning process. It's organized and systematic, and that does not fit everyone's thinking process or lifestyle. For these people, over the years I've developed the phrase, "Direction and Momentum are more important than Goals!"

If your pattern is more global or "holistic," that's great!

Just translate what follows into your preferred language or personal style. No problem!

Second, goals are inherently "future oriented." They challenge us to change the way we are into something "new and improved" in the future. And not everyone wants you to change! But let's be clear. Life is about change. And, don't forget--transforming how you think, live and work won't keep you from returning to the way you live now. You can always do that! Goal-achievement is about giving yourself more options and better alternatives.

With that said, I see goal-setting as a four-step process:

1. What do you really, truly want? Be specific and write it all down. What do you want? More of this, less of that?

What would be good or exciting or healthy or make you happy? List it all. What, specifically and exactly, do you want to change in the next three months?

2. Why do you want it? In terms of achievement, reasons are far more important than the "what." When you want something passionately, even desperately, you are half-way to obtaining it. Knowing how a specific goal will make life better for you or your loved ones is essential. A goal without a solid, exciting "why" is, in most cases, a waste of time and effort.

3. Prioritize. Many people have noted, "You can have anything you want in life, but not everything you wish for." Most people cannot focus on more than two or three important goals at a time. So whittle your list down! Pick the one, two or three things that have the most, or the most powerful, REASONS and make a commitment to focus on those few items.

4. You need a plan! "A goal without a plan is just a pipedream." You'll need a schedule and a budget. You'll need time and skills, energy and tools. You'll need the cooperation of people in your life, and a strong sense of personal discipline. You'll need to practice your Italian every morning at 6:00 AM. You'll need to make those extra sales calls every Monday. Or, the new rule is, "dessert happens only on the weekends."

There are some other items that may prove helpful. You may need to consciously decide to eliminate or stop some things you do now. You may need to clear time and space and energy to work on your new goals. In some cases, you may need to explain to friends or loved ones that your priorities have changed and ask them to support you.

But the four items above are the core. What do you want, and why do you want it? What, exactly, are your priorities and what's your plan or schedule? That's about all there is to goal-setting. When you have these four things, you are on your way!

Philip Humbert
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