



**2017 Personal Goal Planning  
5 – 4 – 3 – 2 – 1 Exercise**

**Five Must Do's:**

- 1.
- 2.
- 3.
- 4.
- 5.

**Four Things to Stop Doing:**

- 1.
- 2.
- 3.
- 4.

**Three New Habits:**

- 1.
- 2.
- 3.

**Two People to Hold You Accountable:**

- 1.
- 2.

**One New Belief:**

- 1.