

# HIGH FIVE FOR HEALTH

Goal Worksheet for Your Best Year Ever!

## 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. \_\_\_\_\_

Post this Worksheet & Review Every Sunday for Best Results!