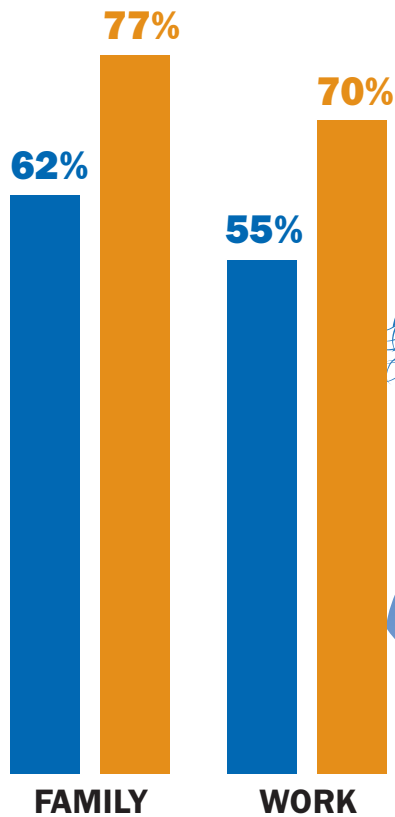


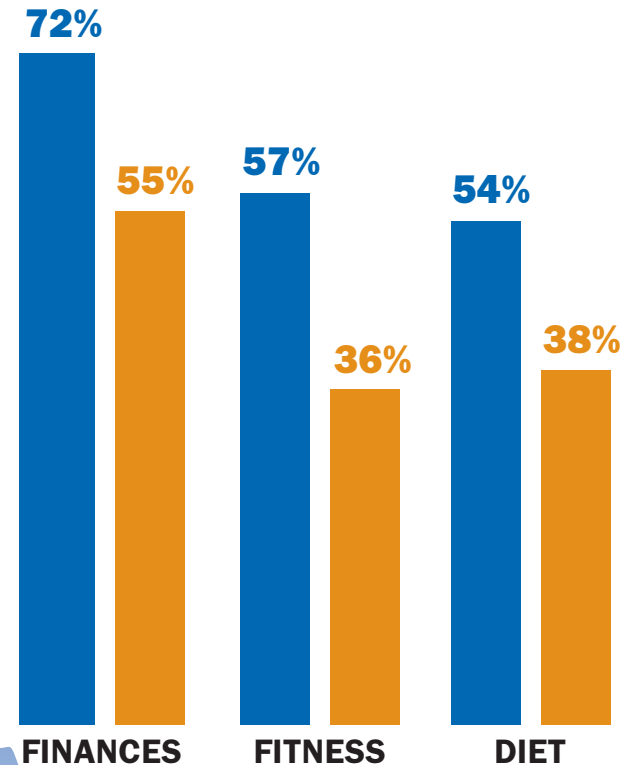
GOAL SETTING & SELF-DISCIPLINE

Americans feel the most self-discipline in the areas of family and work

■ SET GOALS
■ SELF-DISCIPLINED



While financial goals are clearly a priority, only half feel self-disciplined in this area of their life



Source: Northwestern Mutual
"Stick With It" Study, June 2011