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| **My Year of Intentions** | | | | |
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| **MY THEME FOR THIS YEAR** |  | **MY MAIN FOCUS THIS YEAR** |  | **MY BUCKET LIST** |
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| **HABITS I WANT TO BUILD** |  | **HABITS I WANT TO BREAK** |  |  |
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| **My Goals** | | | | |
|  |  |  |  |  |
| Personal Growth |  | Health & Wellness |  | Career & Learning |
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|  |  |  |  |  |
| Relationships |  | Financial |  | Spiritual/Mental |
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| source: [www.neworchards.com](https://www.neworchards.com) | | | | |