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| MY INTENTIONS FOR THE YEAR |
|  |  |  |  |  |
| MY PRIMARY FOCUS  |  | HOW I WANT MY YEAR TO BE  |  | **MY BUCKET LIST** |
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| HABITS I WANT TO BUILD |  | HABITS I WANT TO BREAK |  |[ ]   |
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| My Goals this Year |
|  |  |  |  |  |
| Personal Growth |  | Health & Wellness |  | Career & Learning |
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| Relationships |  | Financial |  | Mental |
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| source: [www.neworchards.com](https://www.neworchards.com) |