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| MY INTENTIONS FOR THE YEAR | | | | | |
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| 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) | | | | | |