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| My New Year’s Resolutions |
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| **Lessons from Last Year** |  | **What I Want to Let Go** |  | **What I Want to Improve** |
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| **My Why** |  | **Habits to Build** |  | **Gratitude List** |
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| **Word of the Year** |  | **Vision Statement** |  | **Intentions for the Year** |
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|  [source: www.neworchards.com](https://www.neworchards.com) |