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| **MY GOALS FOR THE YEAR** | | | | | | | | | | | |
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|  | ***My theme for the year is…*** |  |  |  | ***My focus for this year is…*** |  |  |  | ***My main goal this year is…*** |  |
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|  | **Habits to Build** | | | | |  |  |  | **Habits to Break** |  |
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| FOCUSED CATEGORIES | | | | | | | | | | |
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|  | **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/) | | | | | | | | | | | |