|  |
| --- |
| **My Yearly Planner (Wellness-Focused)** |
|  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |
|  | ***My theme for the year:*** |  |  |  | ***My focus for this year:*** |  |  |  | ***My main goal this year: is…*** |  |
|  |  |  |
|  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |
|  | **Habits to Build** |  |  |  | **Habits to Break** |  |
|  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  |
| My Wellness & Balance Goals |
|  |  |  |  |  |  |  |  |  |  |  |
|  | **Mental Health** |  |  |  | **Physical Wellness** |  |  |  | **Nutrition Goals** |  |
|  |  |  |
|  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |
|  | **Sleep Routine** |  |  |  | **Mindfulness Practice** |  |  |  | **Joyful Activities** |  |
|  |  |  |
|  |  |  |
| source: [www.neworchards.com](https://www.neworchards.com) |