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