

# My Yearly Planner (Wellness-Focused)

*My theme for the year:*

*My focus for this year:*

*My main goal this year:*

**Habits to Build**

**Habits to Break**

## My Wellness & Balance Goals

**Mental Health**

**Physical Wellness**

**Nutrition Goals**

**Sleep Routine**

**Mindfulness Practice**

**Joyful Activities**