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| My Plans for the Year |
|  |  |  |  |  |  |  |  |  |  |  |
|  | **My theme for the year:** |  |  |  | **My focus for this year:** |  |  |  | **My main goal this year:** |  |
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|  | **Habits to build** |  |  |  | **Habits to break** |  |
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| Personal Wellness Tracker  |
|  |  |  |  |  |  |  |  |  |  |  |
|  | **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/) |