

# a fresh start

2024

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THIS YEAR'S THEME OR MOTTO:

NEW OPPORTUNITIES I DESIRE TO ALIGN WITH:

THINGS I HOPE FALL AWAY:

AREAS OF GROWTH AND IMPROVEMENT:

NEW THINGS TO TRY:

PLACES TO GO / THINGS TO SEE:

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THINGS TO DO MORE OF:

THINGS TO DO LESS OF:

MIND / BODY / SPIRIT GOALS:

SELF CARE AND SELF LOVE PRACTICES:

THINGS I AM GOAL'N TOWARDS:

WAYS I CAN OPERATE MORE IN MY PURPOSE AND / OR SERVE OTHERS: