

2023

new year  
reflect + reset

COFFEE + CRUMBS

2024

What I'm thankful for:

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One memory I won't forget:

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The hardest lesson I learned:

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If I could change one thing I had control over in 2023, it would be:

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My word/theme/mantra/verse for 2024:

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In 2024, I'd like to cultivate a better relationship with:

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In 2024, I'd like to make time for...

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## BODY | Intentions for my physical health in 2024

1

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2

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3

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*Who will hold me accountable?*

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## MIND | Intentions for my mental health in 2024

1

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2

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3

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*Who will hold me accountable?*

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## SOUL | Intentions for my spiritual health in 2024

1

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2

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3

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*Who will hold me accountable?*

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