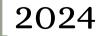
# 2023 new year reflect + reset **COFFEE + CRUMBS**





# What I'm thankful for:

One memory I won't forget:

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-0



Answered Prayers:							
Unexpected Joys + Saving Graces:							

reflect + reset

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# The hardest lesson I learned:

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:

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

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

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### BODY | Intentions for my physical health in 2024

1 2 3

Who will hold me accountable?

### MIND | Intentions for my mental health in 2024

1			
2			
3			

Who will hold me accountable?

## SOUL | Intentions for my spiritual health in 2024

1			
2			
3			

Who will hold me accountable?

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