

2024 Intentions & Goals

MORE OF THIS

LESS OF THIS

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HEALTH

FAMILY

PERSONAL

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this can be any personal growth goals

FRIENDSHIPS

PROFESSIONAL

FINANCIAL

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INTENTION

ACTION

ex: slow down, be more lighthearted

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spend 1 minute in bed each morning taking a few deep breaths

Remember: it's okay to not have clarity on all your goals and intentions right now. You can also change your mind and start over at anytime.