

## New year's Resolution Planning

My value(s) of the year:

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Three goals that align with my values are:

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The smallest step I can take toward each goal is:

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Something I would like to be doing more of....

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Something I would like to be doing less of....

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What could get in the way of my values-based living?

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The gains that could result from my plan for my....

Physical Health

Mental wellness

Relationships

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