

2024



New Year
REFLECT
and RESET

COFFEE + CRUMBS

2025

What I'm thankful for:

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One memory I won't forget:

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Answered Prayers:

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Unexpected Joys & Saving Graces:

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The hardest lesson I learned:

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If I could change one thing I had control over
in 2024, it would be:

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2025 *Reset*

My word/theme/mantra/verse
for 2025:

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In 2025, I'd like to cultivate a better
relationship with:

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In 2025, I'd like to make time for...

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Body Intentions for my physical health in 2025

1.

2.

3.

Who will hold me accountable?

Mind Intentions for my mental health in 2025

1.

2.

3.

Who will hold me accountable?

Soul Intentions for my spiritual health in 2025

1.

2.

3.

Who will hold me accountable?