



2023: MY YEAR OF PROGRESS

Name _____ Date _____

Review dates _____

MY PURPOSE AND OVERALL DIRECTION IN LIFE

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MY HEALTH & WELLBEING

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MY FAMILY LIFE

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MY WORK, CAREER, JOB & RELATED RESPONSIBILITIES & ACTIVITIES

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MY FINANCES, ASSETS, POSSESSIONS & HOME

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WHAT I WANT TO CHANGE – e.g. IN MYSELF, IN MY COMMUNITY, MY WORLD

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MY HOPES, PLANS, THOUGHTS FOR 2023, 2024, 2025

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