

2024 Goals

Visit / contact family more	4 day Dutch walk	Eyelash extensions	Sourdough starter creativity	Pilates teacher certification
Dance more	Take walks - intentional movement daily	Read 48 books	Become more artistic	Take lots of pictures
Yoga & Pilates routine	Closer with parents	Go to the movies	Intentional listening to podcasts	Summit Mt St Helen's
Live gratefully	Save money - grow savings	Get Amanda married!	Practice mental growth and strengthening	Cold plunge weekly
Summit Mt Baker	Deepen friendships	Yoga certification	Emotionally heal	Go to Iceland for the northern lights

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