

2026

learn a new hobby	Be kind to others	Get better sleep	Spend time with friends and family	Practice self-care
Eat breakfast	Work on art	Read more books	Be more creative	Spend less time on social media
Volunteer or get a job	mediate	FREE	Drink less caffeine	Go to exercise 3x a week
Journal more	Start going out more	Pay off debt	Go to a concert	Prioritize health
Go on a vacation	Drink more water	Socialize more	watch a movie	Focus on love

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mediate	Be more creative	Spend time with friends and family	Eat breakfast	Read more books
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Journal more	Drink less caffeine	FREE	Go to exercise 3x a week	Be kind to others
Go to a concert	Socialize more	learn a new hobby	Focus on love	Start going out more
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more
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Socialize
more

Be more
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Prioritize
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Be kind
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Eat
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Go on a
vacation