

# Wishlist for Yourself

This December give yourself the gifts that truly matter. Instead of focusing on presents under the tree, take a moment to think about what you want to experience, improve, or prioritize. These are the intentions, habits, and promises you want to give your own heart as you finish the year strong. Use this space to write the gifts you want to give yourself; the ones that lead to more happiness, peace, and fulfillment this holiday season.



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♡ Speak words of affirmation over myself

♡ Have more confidence

♡ Sleep 8 hours a night

♡ Have gifts wrapped by Dec. 15

♡ Have a healthier December diet

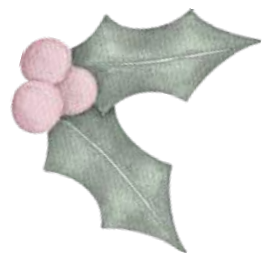
♡ Write more letters

♡ Move my body at least 10 minutes a day

♡ Finish a book I've been wanting to read

♡ Drink more water/tea

♡ Spend 10 minutes a day outdoors



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