

Goal:

F	O	L	L	O	W
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Y	O	U	R
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H	E	A	R	T
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A	N	D
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M	A	K	E
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A	L	O	T
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O	F	A	R	T
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HAPPY NEW YEAR!

**Write down your goal for
your practice.**

**Color in a letter each day
you create something to
keep track of your
progress.**

**Remember that the secret
to a successful practice is
simply to follow your heart
and make a lot of art.**