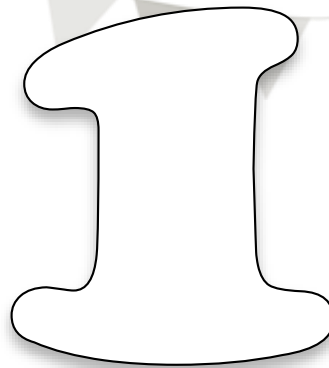
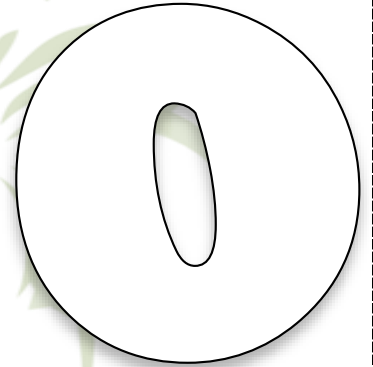
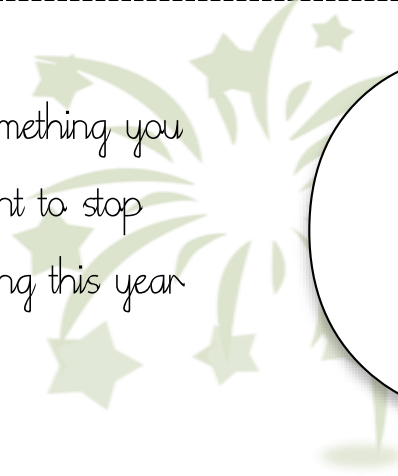




People you want  
to get to know  
better this year



Something you  
want to stop  
doing this year



Thing you want  
to get better at  
this year



Ways of being  
kind and helpful  
this year

