

2021

# WELLNESS PLANNER

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JAN

Set ambitious  
but attainable  
yearly goals

FEB

Find the self-  
care routine that  
works for you

MAR

Practice  
single-tasking

APR

Document and  
celebrate  
small wins

MAY

Cut negative  
self-talk

JUN

Learn to  
say "No"

JUL

Document and  
celebrate  
small wins

AUG

Fuel your body  
with wholesome  
food

SEP

Find your passion  
and work on it

OCT

Take regular  
days off social  
media

NOV

Engage in mood-  
lifting exercises

DEC

Review your  
change and  
growth

# Ideas Wellness Planner

**David Baud**



**Ideas Wellness Planner:**

## Whispering the Techniques of Language: An Psychological Quest through **Ideas Wellness Planner**

In a digitally-driven earth wherever monitors reign great and instant conversation drowns out the subtleties of language, the profound secrets and psychological subtleties hidden within phrases often get unheard. However, located within the pages of **Ideas Wellness Planner** a charming fictional value sporting with fresh feelings, lies an exceptional quest waiting to be undertaken. Written by a talented wordsmith, that charming opus invites viewers on an introspective trip, delicately unraveling the veiled truths and profound impact resonating within the very material of each word. Within the psychological depths of the touching review, we will embark upon a genuine exploration of the book is key subjects, dissect its interesting writing model, and yield to the strong resonance it evokes strong within the recesses of readers hearts.

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