

# NEW YEAR WISHES

*self-care*



If I had more  
time for myself,  
I would...

I wish I were  
more... patient  
/ calm...

If I could  
develop a new  
habit, I  
would...

I wish I  
could... sleep  
better / relax  
more...

If I could  
improve my  
health this  
year, I would...

I wish I  
didn't... worry  
so much / eat  
unhealthily...

If I could treat  
myself today, I  
would...



@present\_and\_simple