

New Year's Goals

My New Year Goals, Resolution, Intention, or Word 

Three goals that honor that (& how to achieve them)



I want to do more...

I want to do less...

Mental Health Goals

Relationship Goals

Wellness Goals

At the end of the year, I want to feel...



It's okay
if your
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rest &
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Allow your goals
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with room to
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Dominee is the Magic Maker at SelfLoveRainbow.com. After spending years stuck in anxiety, depression, agoraphobia, and self-loathing, she has made it her mission to inspire others to find love for themselves and focus on their mental health. She loves to share her passion for

creativity, magic, spirituality, and self-love with the world. Her goal in life is to help people realize that they don't have to be perfect to be worthy of love, to follow their big dreams, and to make a difference.

It all starts with the telling of a story.

Visit the blog for more articles on self-love and living a happy and joyful life. You'll also find articles on anxiety, depression, journaling, and much more!

You can also find Dominee writing and drinking coffee (or tea depending on her mood!) at SelfLoveRainbow.com

If you need any clarity about anything, feel free to drop me a note at Dominee@SelfLoveRainbow.com

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