

My “23 for 23” List

MY WORD OF THE YEAR IS

Tired of making New Year’s resolutions? Looking for a new, creative way to identify your aims for 2023? Try making a “23 for 2023” list. List twenty-three things you’d like to do by the end of the year. These items can be easy or ambitious, one-time undertakings or habits that stretch for years. There’s no one right way to make your list—just think about what you want the new year to hold. Onward!

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