

LEARN MORE

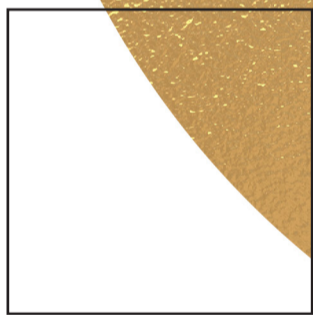
BE PROMOTED

WORK OUT

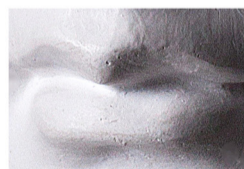


TRAVEL MORE

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SAVE MONEY



STOP SMOKING

READ MORE

WITHOUT BALANCE, THE LIST FALLS APART

When "mental health" is missing from your New Year's resolutions, all your goals are compromised.