

New Year Wellness Reset Kit (Preview)

A deliberately small, sustainable reset - not an all-or-nothing resolution list.

Pick One Thing, Not Ten

Choose exactly one wellness habit to focus on for January - resolution lists with 10 changes fail because willpower is finite, not because you're not committed enough.

Get the Full Kit

Get the full version with all rows, formulas, and bonuses at daveways.com

Disclaimer

This product is educational and organizational material only. It is not financial, legal, medical, tax, or professional advice. Review decisions with a qualified professional where needed.