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| JANUARYHebrewsPraise~~Added sugars~~ | APRIL1, 2 PeterRandom acts of kindness~~Buying extras/online~~ | JULYJamesHumor~~Worry~~ | OCTOBERPsalmsPhotography~~Movies/shows~~ |
| FEBRUARYLamentationsIntimacy~~Obsessive people-pleasing~~ | MAYMarkNature~~Frequent email/online~~ | AUGUSTMatthewGratitude~~Food after 8 pm~~ | NOVEMBERLukeJournaling~~Complaining~~ |
| MARCHJohnMinimalism~~Lunch~~ | JUNE1, 2, 3 JohnOld friends~~Easy carbs~~ | SEPTEMBERMalachiNew relationships~~Bread~~ | DECEMBERRomansArt~~Social media~~ |