

## Hapi Nyoo Yaa, 2023!

### How Fi Ga Wahn Gud Gud GUD 2023:

- A.** Mek 2023 di yaa wen yu wahn eksasaiz moa. Kip haat wen ting noh di goh fu yoo way. How? Ih help if yu kip yu badi eena sohn kain a shayp. Ih noh tek no lat a moni. Jos staat waak sohn moa evriday. Klaim dehn step 2-3 taihn evriday eena 2023.
- B.** Bigin evri day eena 2023 di gi tanks tu Faada Gaad, ahn finish evri day di gi tanks tu Faada Gaad.
- C.** Kip yu hows kleen, ahn noh ga no lat a ting bowt di plays. Ga wahn plays fu evriting. Gi weh dehn lat a ting yu noh need ahn weh jos deh bowt di plays di gyada dos. Sohnbadi els ku yooz it.
- D.** Werk haad, bot mek shoar yu geh nof res tu; geh nof sleep tu.
- E.** Memba seh faamli impoatant. Mek taim fu dehn. Maybi da noh yu blod faamli, bot stay kloas tu gud pippl ... kip gud kompni.

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Jain di Kriol Kongsl tudeh tudeh:

<https://forms.gle/yJnwTSzJjXfUC7Wf6>