



7-9 month plan

Emergency contacts if you're really struggling

1.

2.

Emergency self-care strategy:

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.....

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Self-care practices:

1.

2.

3.

4.

5.

6.



New projects to focus on:

1.

2.

3.

4.

5.

6.

7.

Areas of your life which might need some work:

1.

2.

3.

4.

5.

6.

7.