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| **A PLAN TO MEET MY OWN NEEDS** | | | | | | |
| Needs: | Social | Physical | Intellectual | Creative | Emotional | Spiritual |
| How I can meet these needs |  |  |  |  |  |  |
| How I block myself from meeting these needs |  |  |  |  |  |  |
| Specific strategies to overcome blocks |  |  |  |  |  |  |