

Self-Assessment:

1. Strengths:

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• _____

2. Challenges:

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Setting Goals:

1. Short-Term Goals:

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• _____

2. Long-Term Goals:

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• _____

Strategies and Actions:

1. Mindfulness Practices:

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• _____

2. CBT Exercises:

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• _____

3. Social Support:

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• _____

Monitoring Progress:

1. Weekly Check-Ins:

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• _____

2. Monthly Reflections:

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