

Goal:

MY MOTIVATION

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STRATEGIES TO ACHIEVE GOAL

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PEOPLE THAT CAN HELP

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RESOURCES

SJSU
**HEALTHY
DEVELOPMENT
COMMUNITY
CLINIC**



Link
<https://bit.ly/3KiwnUT>

MY STEPS TO SUCESS!

REWARDS

- 1) 
- 2) 
- 3) 
- 4) 
- 5) 

SELF-CARE

AFFIRMATION/ MOTIVATIONAL QUOTE



ASSESSMENTS/CHANGES TO MAKE

