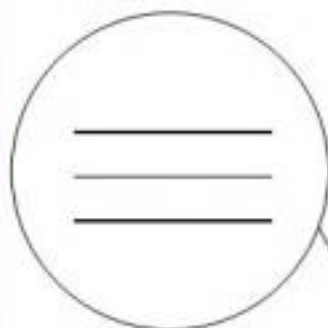


## Wellness Planning

HEART

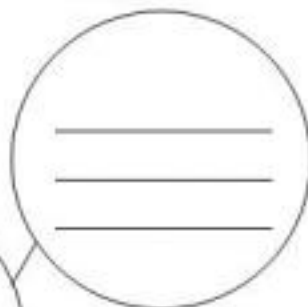


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BODY

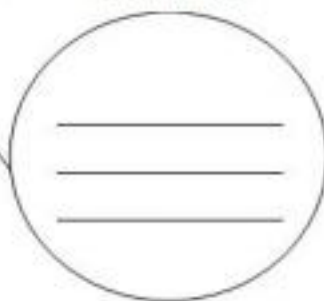


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COMMUNITY

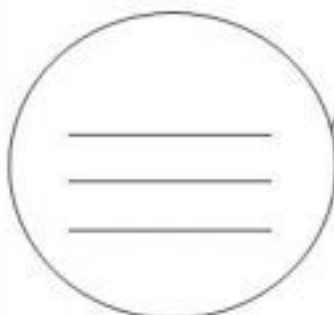


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MIND



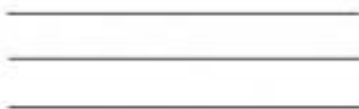
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Event  
Critical  
Moment  
Conversation  
Ask  
Etc

### 2. Who Can Help Support These Needs?



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**1. Needs-**what are the needs you can anticipate during this event within YOUR:

Body-biological needs, physical needs  
Mind-emotional needs, needs for your thought process

Heart- motivational needs, spiritual needs, how you stay grounded

Community- needs from your social relationships, interpersonal needs, community support