



TEMPLATE:

Personal Growth

Reiki Therapy  
— RESOURCES —

## IDENTIFY GOALS:

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## IDENTIFY RESOURCES NEEDED:

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## IDENTIFY OBSTACLES:

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## IDENTIFY SELF-SABOTAGE BEHAVIORS:

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## IMPLEMENT A PLAN FOR SUPPORT:

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## DOCUMENT & REVIEW GOALS, MILESTONES, ACHIEVEMENTS:

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## REVISE YOUR GOALS WHERE NEEDED:

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## LIST REWARDS FOR YOUR HARD WORK:

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