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| My Self-Love Plan |

| Area of Self-Love | Short term (Quick Fix) | Long Term (Lifelong Habits) |
| --- | --- | --- |
| physical |  |  |
| personal |  |  |
| Emotional |  |  |
| social |  |  |
| professional |  |  |
| Environmental |  |  |
| Spiritual |  |  |
| financial |  |  |