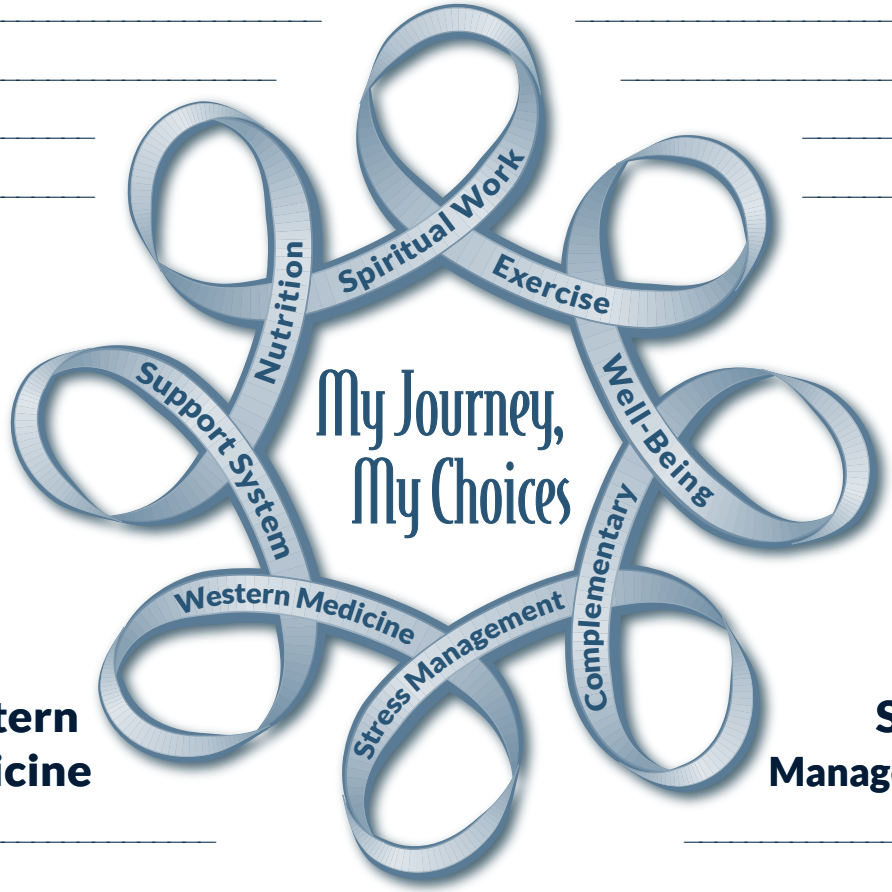
Spiritual Work

Exercise

Nutrition

Well-Being



My Plan Worksheet

Write down the Choices that Make Your Plan: websites, names & numbers, inspirations, etc.

Support System

Complementary & Alternative Medicine

Western Medicine

Stress Management