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| **My History/My Story**  What is my life story so far? | **My Dreams**  What are my hopes and dreams? |
| **My Strengths**  What are my strengths, talents and contributions? | **My Fears**  What are my concerns or fears that might prevent me from reaching my goals? |

**MY GOALS, NEEDS, and ACTION PLAN**

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| **Most Important Goals** | **Action Planning** | | |
| **Next Steps That Are Needed** | **Who Can Help** | **By When** |
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