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| **💐Mental Health Annual Checklist** | | | | | | | | | | | | | |
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|  | **Goals** | **Jan** | **Feb** | **Mar** | **Apr** | **May** | **Jun** | **Jul** | **Aug** | **Sep** | **Oct** | **Nov** | **Dec** |
| **Self-Care** |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **Reflection** |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **Physical** |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **Emotional** |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **Spiritual** |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **Social** |  |  |  |  |  |  |  |  |  |  |  |  |  |
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