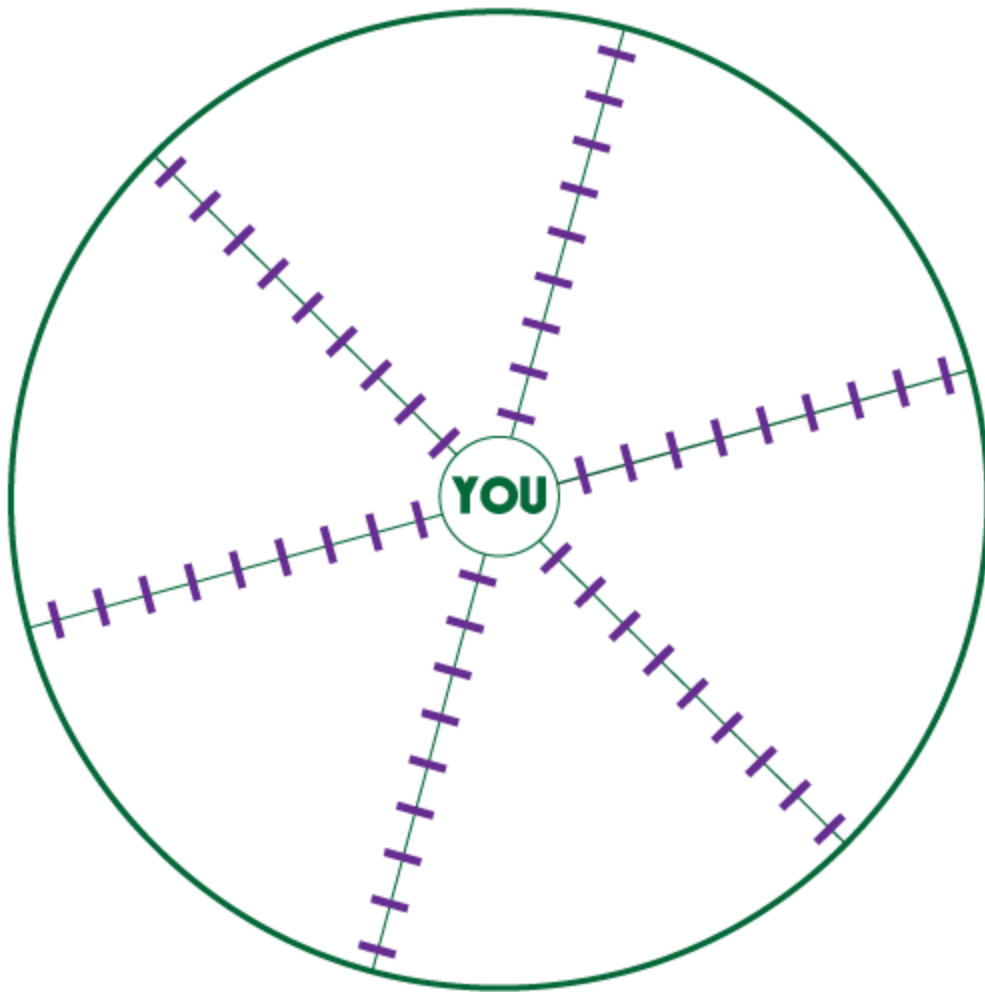




Kiss Your Therapist Goodbye
A **S**_{elf} **A**_{wareness} **P**_{rogram}

PERSONAL WHEEL OF LIFE



www.KissYourTherapistGoodbyeASAP.com

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A **S**_{elf} **A**_{wareness} **P**_{rogram}

ACTION PLAN

(1 sheet for each spoke)

Spoke Title: _____

**(Name to describe area of life where
you would like to improve or advance)**

Date (optional): _____

Number you are beginning from: _____

**Steps Necessary To Advance (in no specific order...
List things you must do to move forward)**
