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**Self-Care IS Self-Regulation! 201**

**Notes and Professional Resiliency Plan**

**Julie Meek, LCSW**

**SFTI 2019**

**Workshop Notes:**

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**My motivation and accountability partners:**

**Name: Email/Phone #:**

**Name: Email/Phone #:**

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Level 2: Ongoing Practices

Level 3: Lifework Maintenance Practices

Level 1: On-the-spot Techniques

***I commit to myself and my Professional Resiliency Plan!***

***Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_***