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| **What is most important to me** |  |
| **People who are important to me** |  |
| **How I want to communicate and how to communicate with me** |  |
| **My wellness** |  |
| **Please do and please don’t** |   |
| **How and when to support me** |   |
| **Also, worth knowing about me** |  |
| **Date** |  |
| **Supported to write this by** |  |