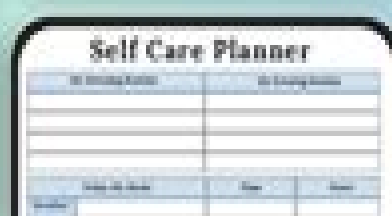
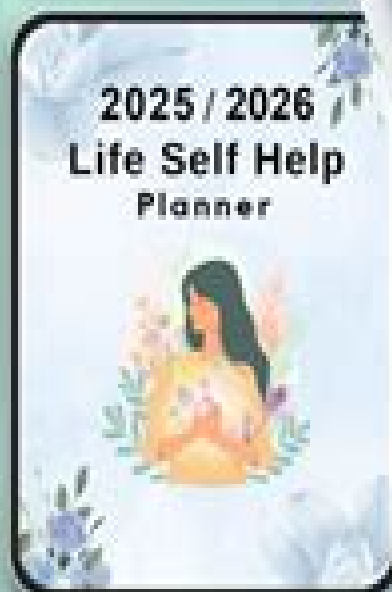


# 2025/2026 LIFE SELF HELP PLANNER

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# 2026 Guide Self Help Mindset

**Elliot Spencer**

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## **2026 Guide Self Help Mindset:**

## Decoding **2026 Guide Self Help Mindset**: Revealing the Captivating Potential of Verbal Expression

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