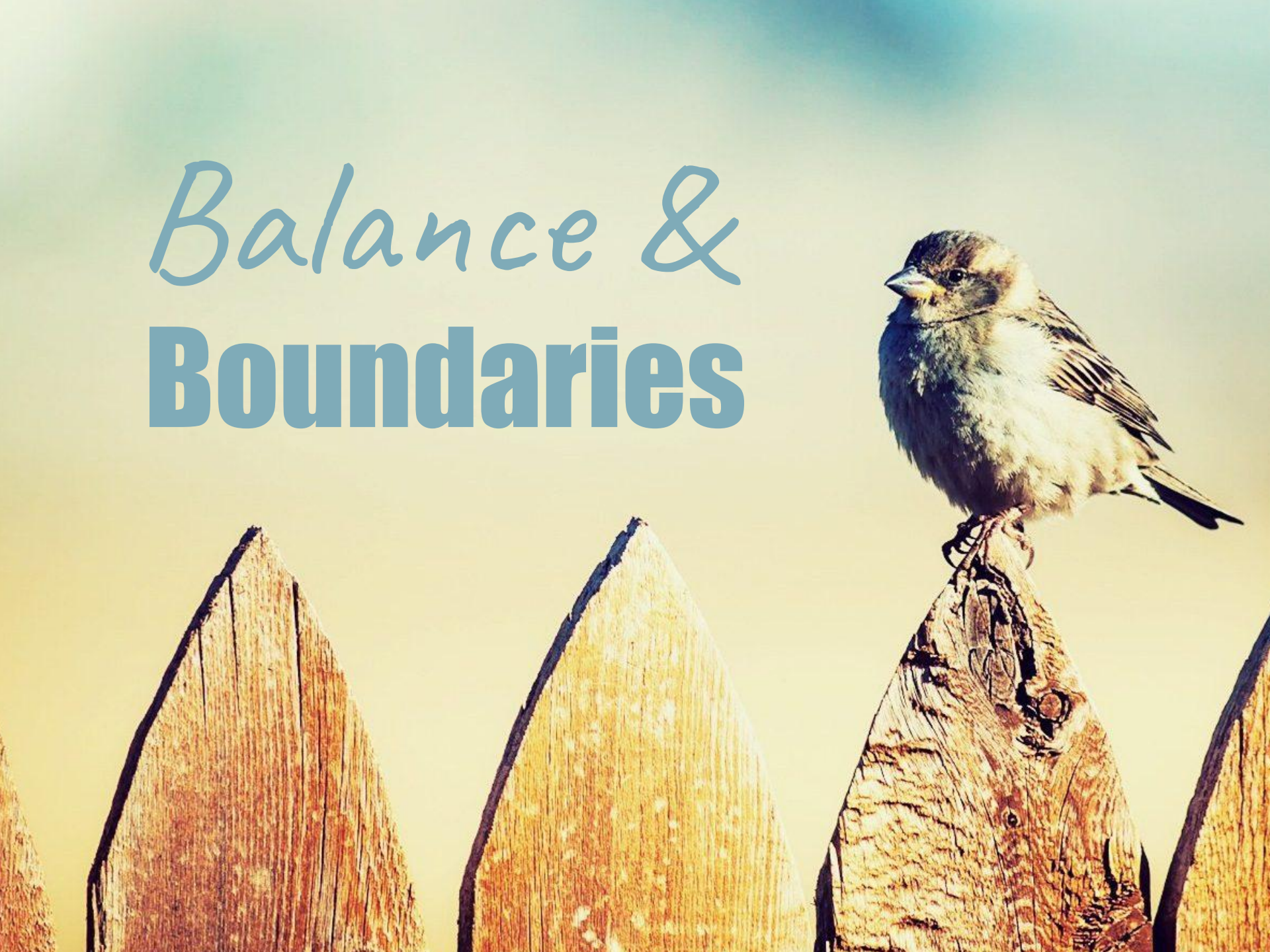
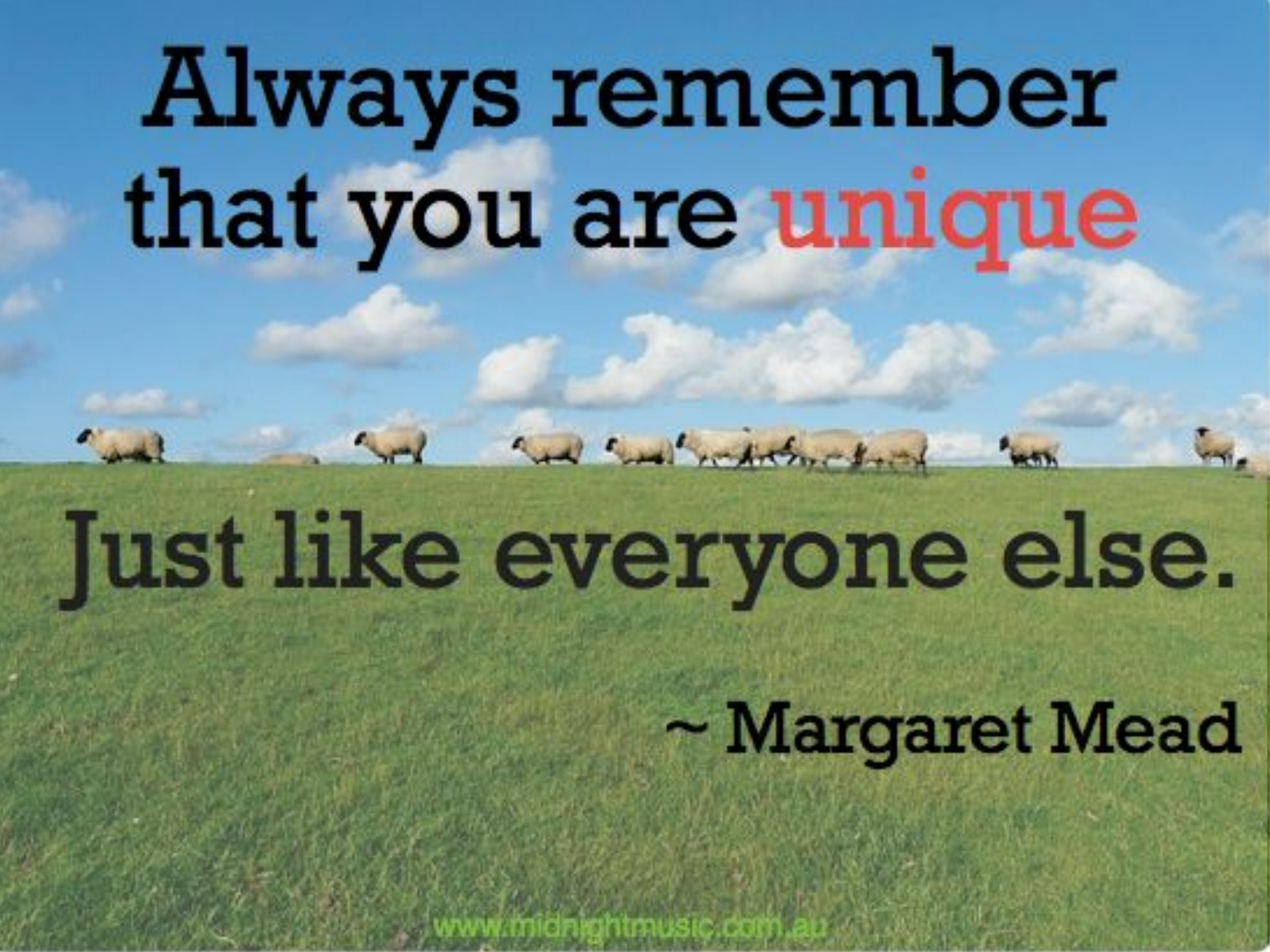
Balance & Boundaries




Always remember
that you are unique
Just like everyone else.
~ Margaret Mead
www.midnightmusic.com.au

that all the plates
I'm carrying daily

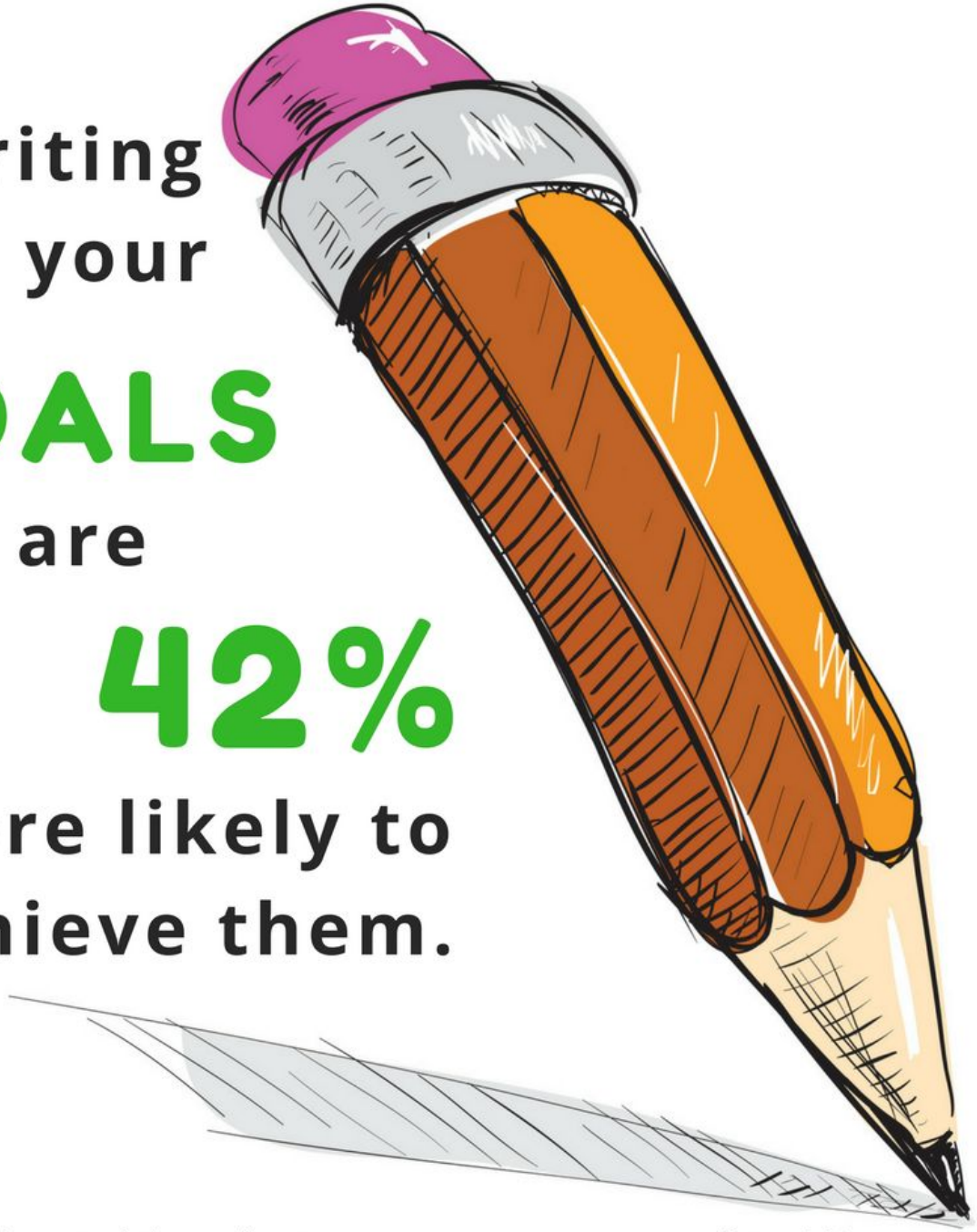
By writing down your

GOALS

you are

42%

more likely to achieve them.



Source: Dr Gail Matthews, psychology professor

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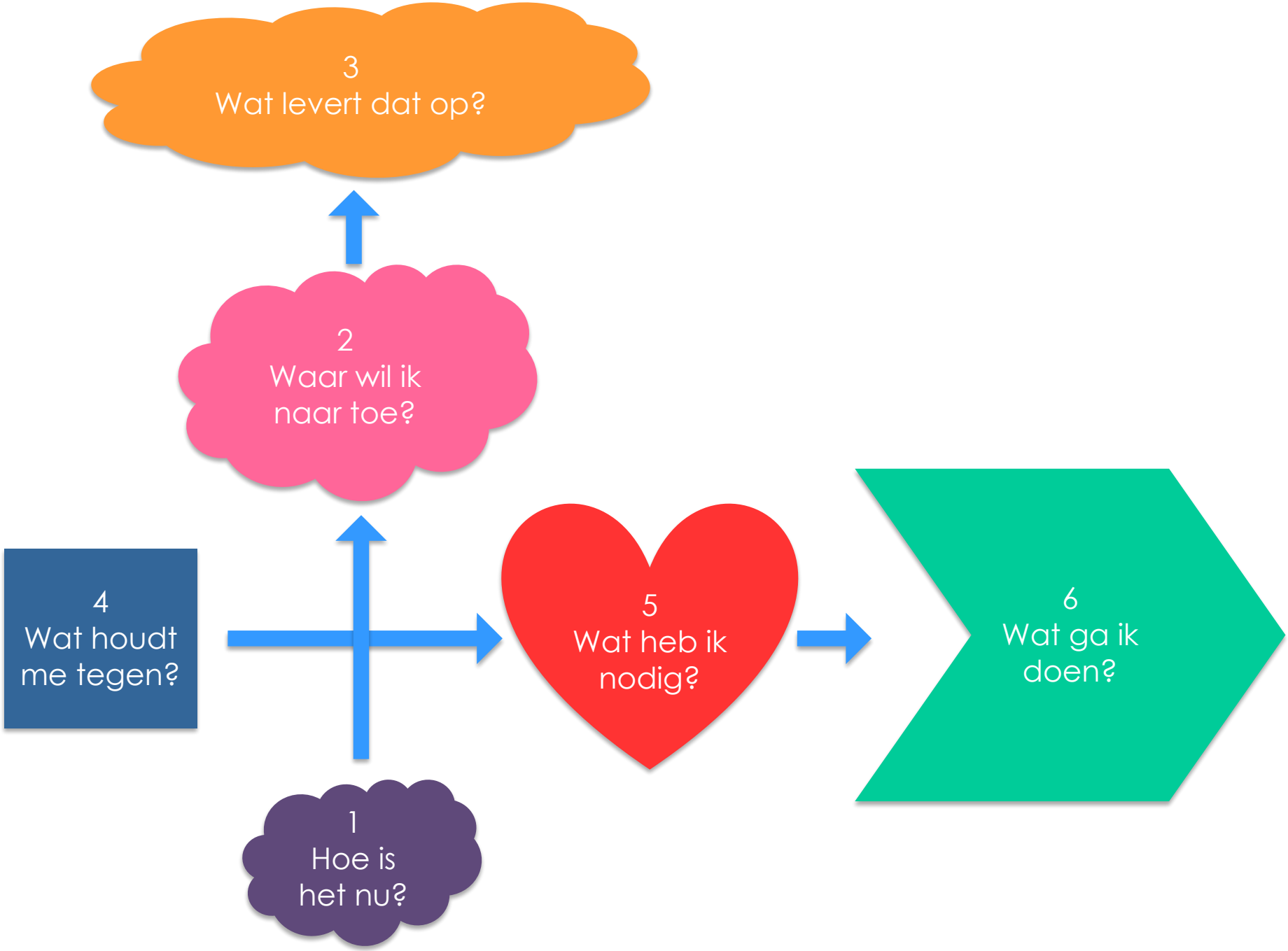
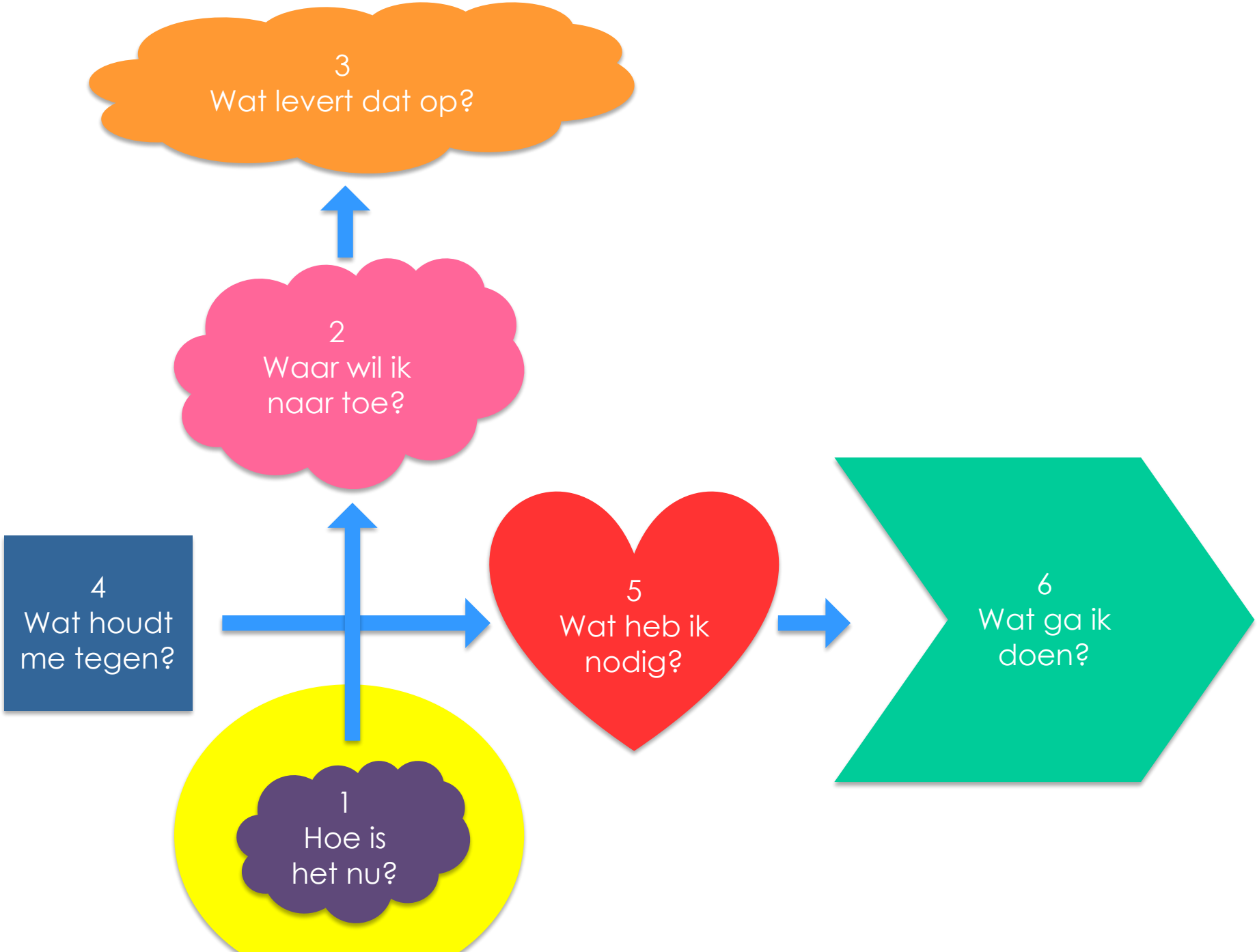

3
Wat levert dat op?
2
Waar wil ik naar toe?
4
Wat houdt me tegen?
5
Wat heb ik nodig?
6
Wat ga ik doen?
1
Hoe is het nu?

Programma

- De balans opmaken
- Waarom disbalans?
- Leren balanceren: Boundaries
- Balance & Boundaries plan

Programma

- De balans opmaken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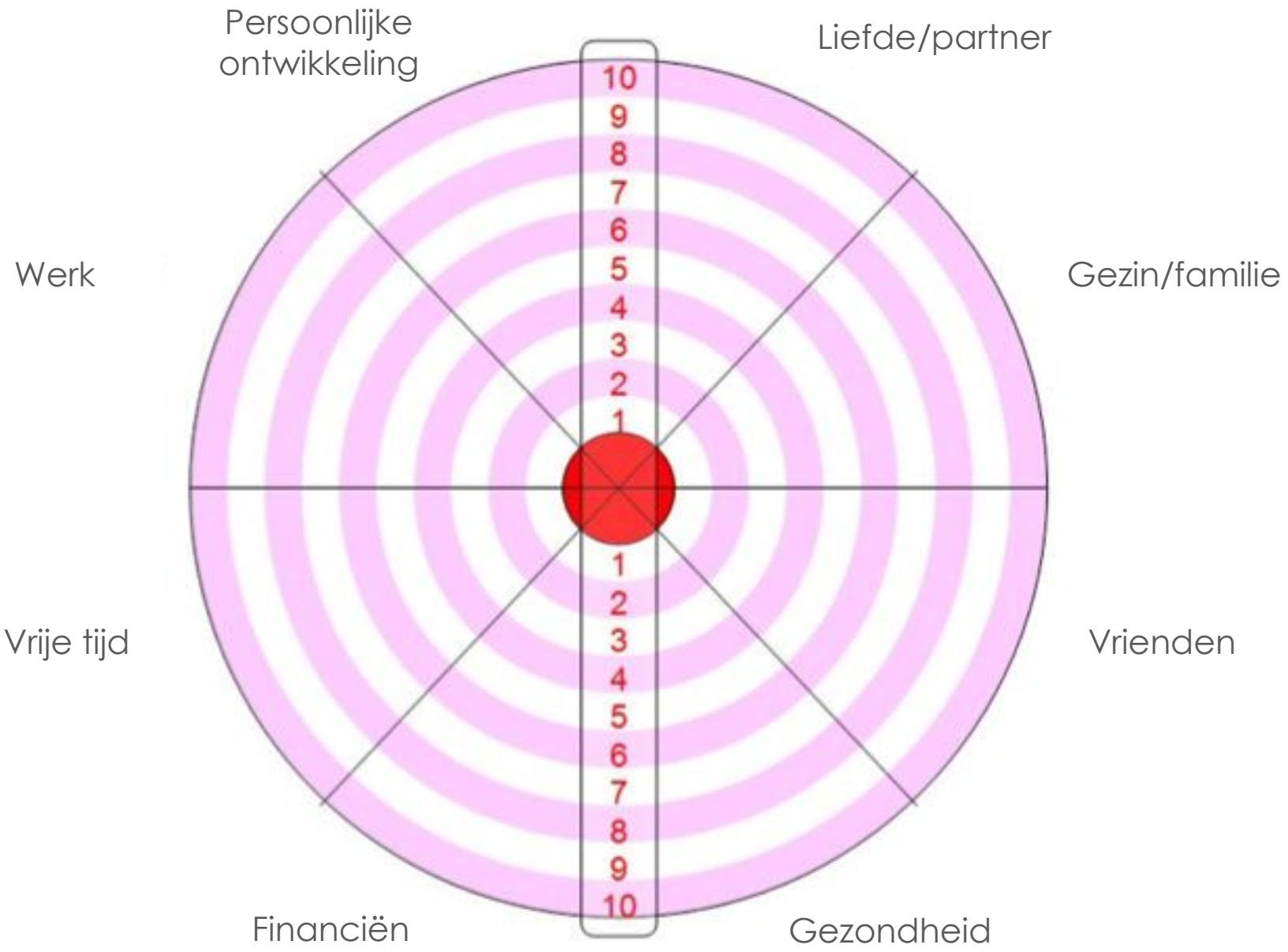
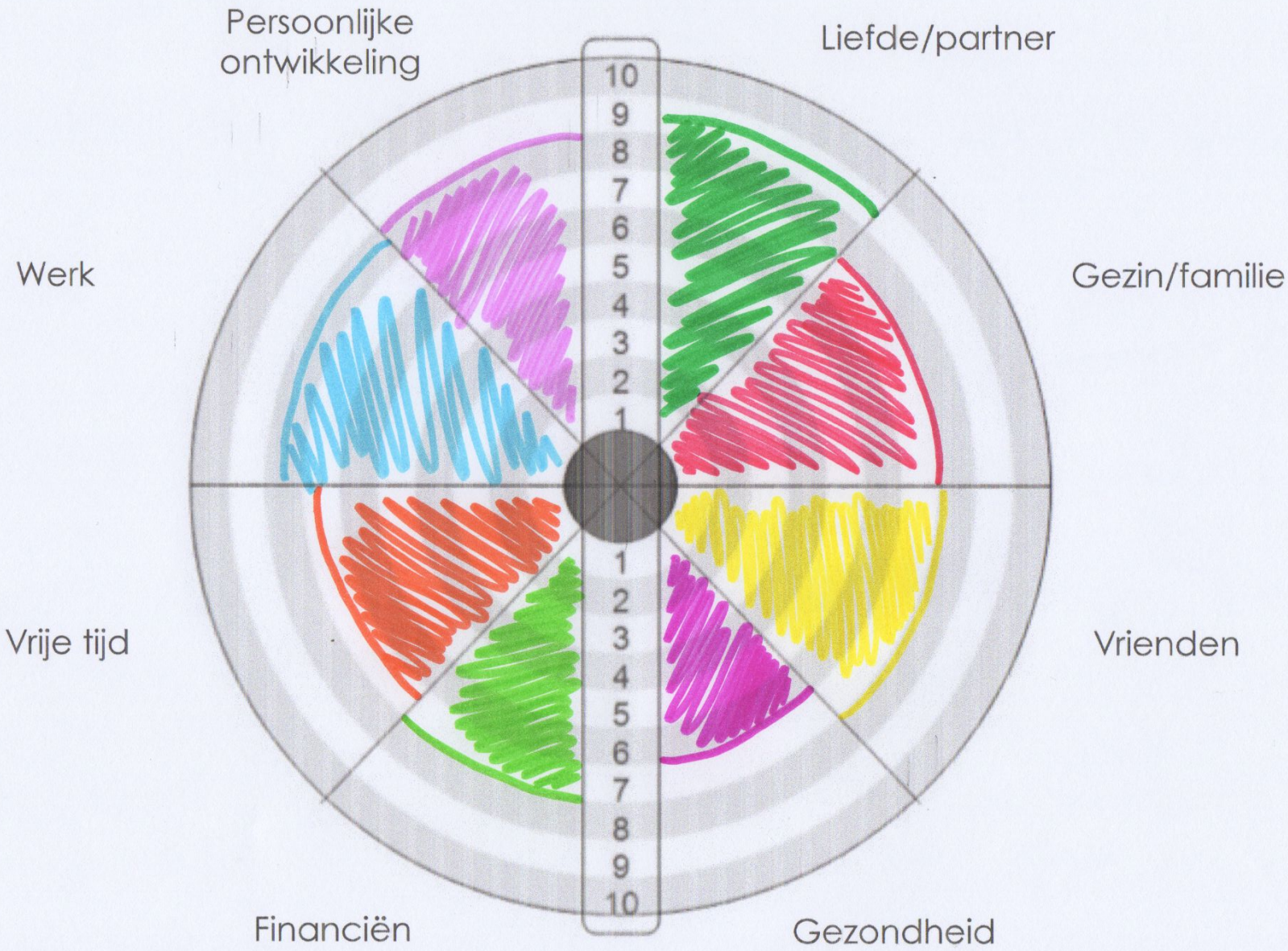
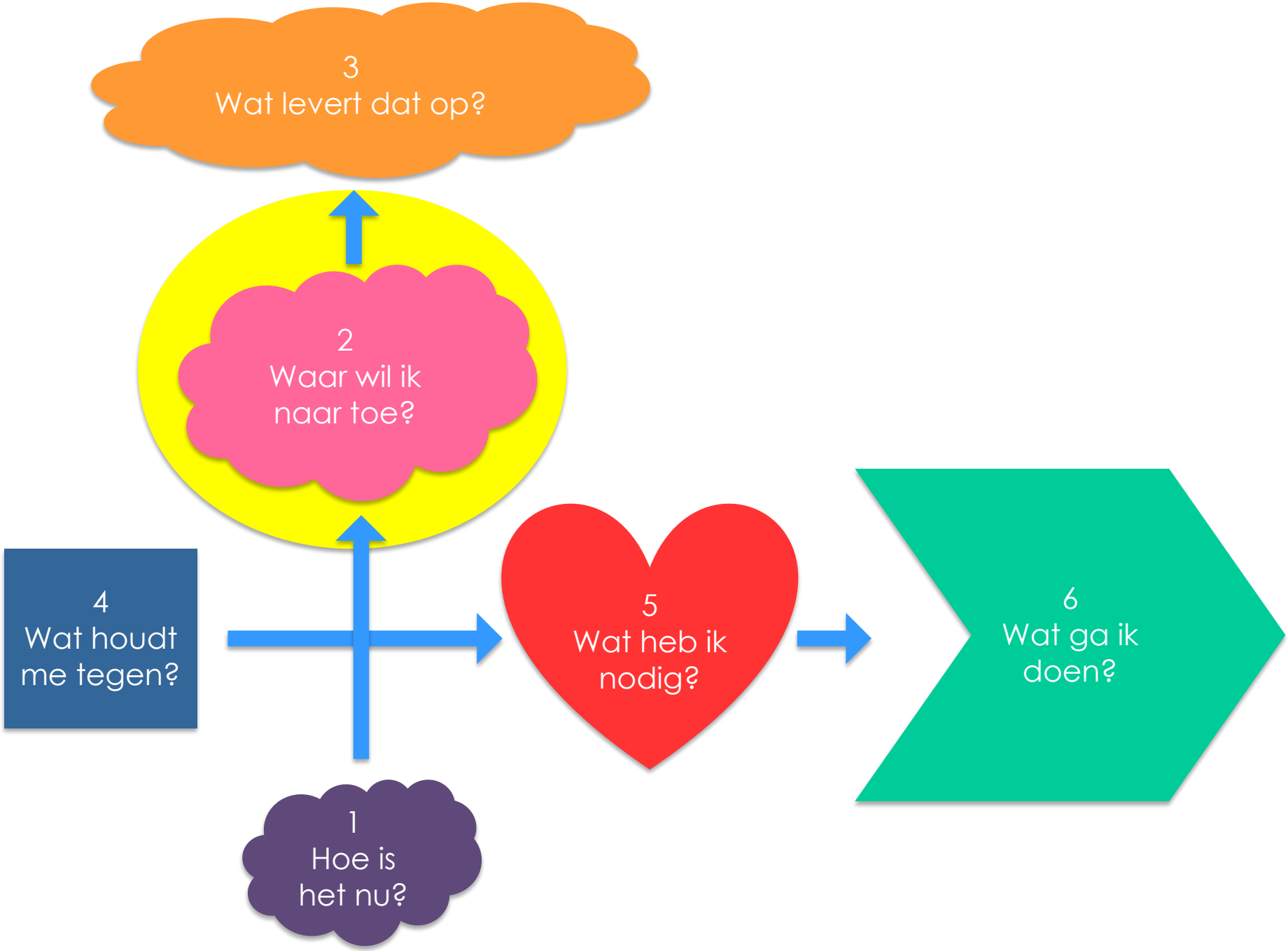
Wheel of Life



Wheel of Life

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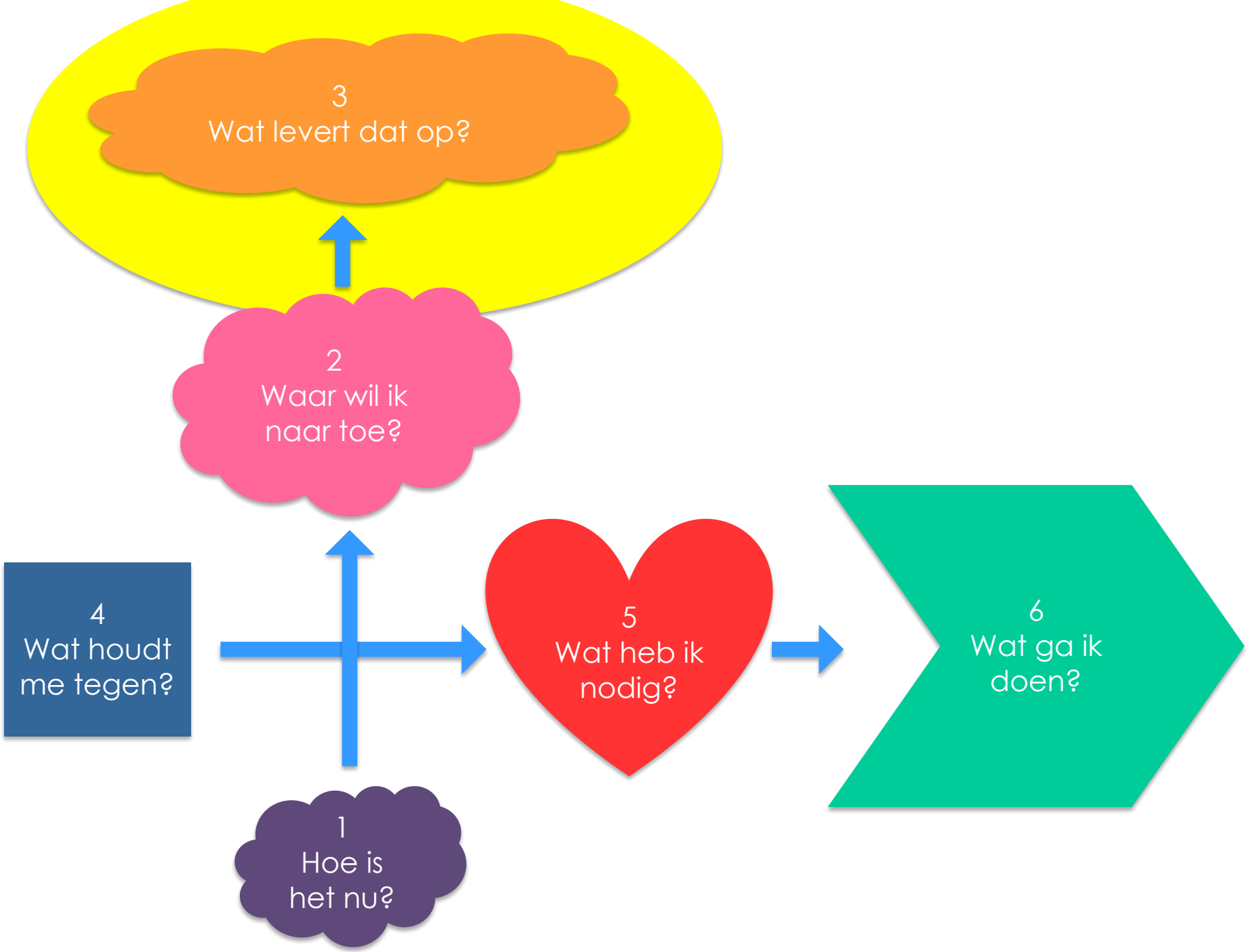
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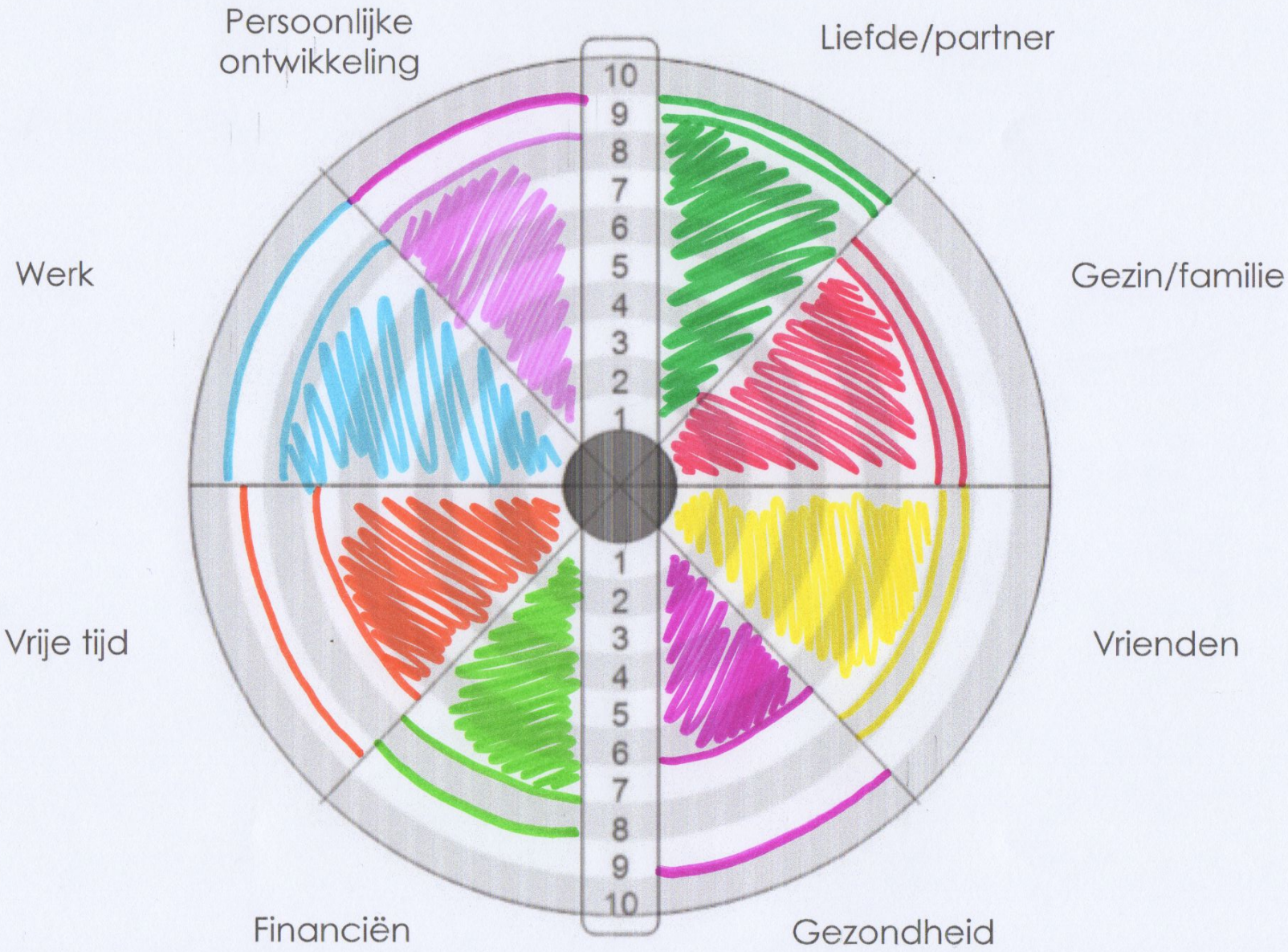
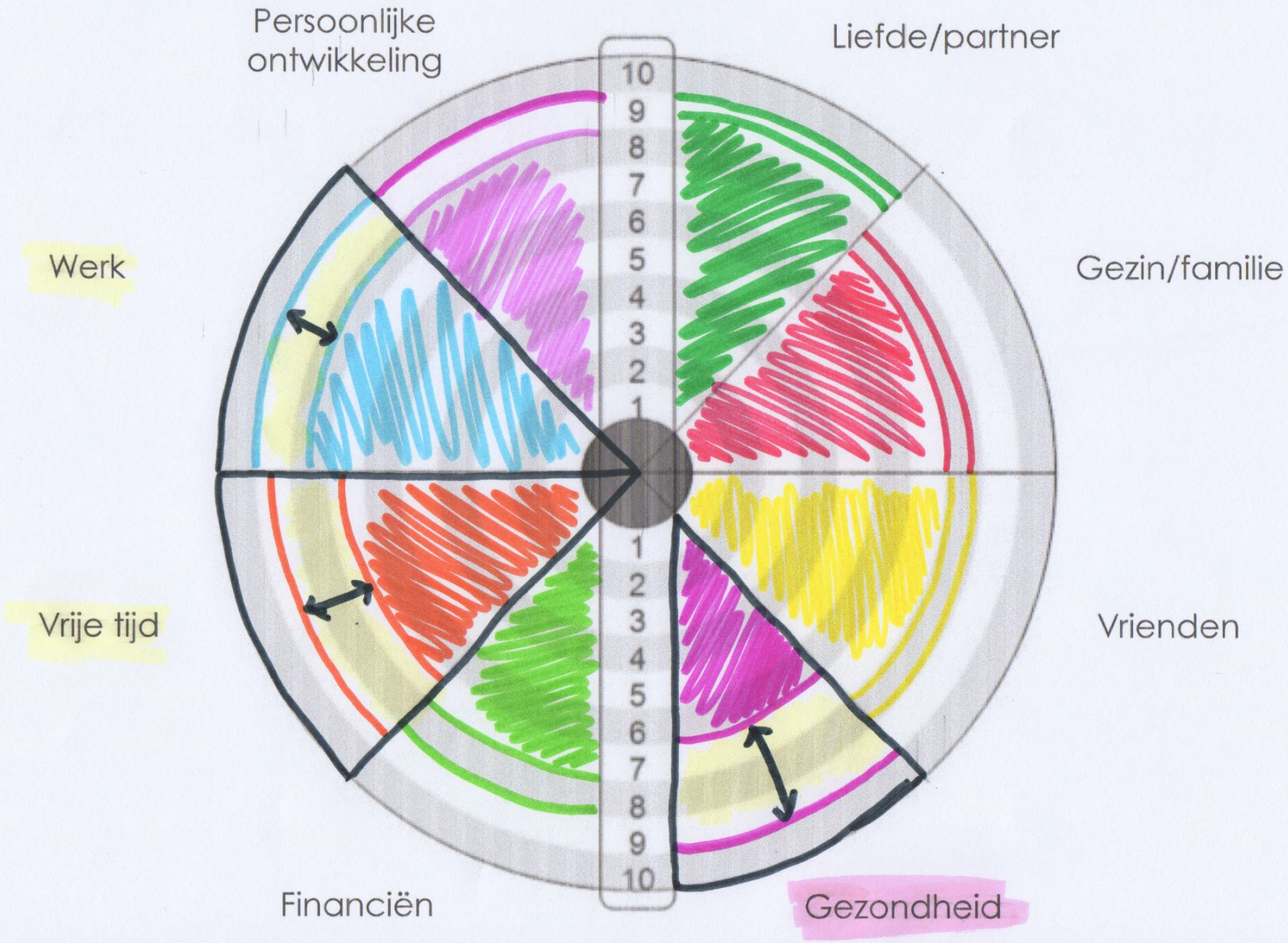
Wheel of Life



Wheel of Life