

Itsesäätely

Mottoni

Blank space for writing a motto.

3 tapaa rauhoittaa kehoani

3 tapaa rauhoittaa mieltäni

Blank space for writing the first of three ways to calm the body.

Blank space for writing the first of three ways to calm the mind.

Blank space for writing the second of three ways to calm the body.

Blank space for writing the second of three ways to calm the mind.

Blank space for writing the third of three ways to calm the body.

Blank space for writing the third of three ways to calm the mind.

Onnistumisen ympyrä

3 tapaa lisätä voimavaroja



Blank space for writing the first of three ways to add resources.

Blank space for writing the second of three ways to add resources.

Blank space for writing the third of three ways to add resources.