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| **Tabel 1 Les 1:Waar sta ik nu in het leven?****C:\Users\User\Pictures\2017-01 (jan)\LogoColorTextRight - kopie.jpeg****Suzanne Julen-My Hope 2017.All rights reserved.** |
| **Hier ben ik tevreden over**  | **Hier ben ik minder tevreden over**  | **Wat kan/wil ik veranderen in mijn leven?** | **Binnen hoeveel tijd kan ik veranderen** |
| Vb. Mijn lichaam  | Vb. Mijn gewicht  | Vb. Wil afvallen | Vb. Binnen 6 maanden  |
| Vb. Carrière  | Vb. Relaties  | Vb. Leren grenzen te zetten  | Vb. Binnen 6 maanden  |
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