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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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