

BLIV DIN EGEN ENERGI MESTER

*Aligned Energy*

# DIN ENERGI BRUGERMANUAL

PERNILLELANGBAK  
MINDSETMOTIVATOR





# D I N E N E R G I B R U G E R M A N U A L

De 3 hyppigste negative følelser i dig:

3 \_\_\_\_\_

***Hvilke aktiviteter giver typisk følelsen?***

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***Hvilken action kan du lave for at mindske følelsen?***

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# D I N E N E R G I B R U G E R M A N U A L

De 3 **positive følelser** du ønsker fylder mest i dig:

2 \_\_\_\_\_

*Hvilke aktiviteter giver typisk følelsen?*

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*Hvilke handlinger kan du lave for at øge følelsen?*

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