

A close-up, shallow depth-of-field photograph showing a row of hands from different people, each holding a small green seedling in a mound of dark brown soil. The hands are cupped, and the seedlings are in various stages of growth. The background is blurred, showing more hands and a warm, golden light, suggesting an indoor setting with natural light. The overall mood is hopeful and nurturing.

**TUN.
LASSEN.
WACHSEN.**



VERÄNDERBARE WELT

Ich gestalte aktiv

Ich setze Grenzen

Realistische, kleine
Schritte.

ZIEL

UNVERÄNDERBARE WELT

Ich akzeptiere &
lasse los

Ich halte aus &
klage bewusst

ZIEL