



**TUN.
LASSEN.
WACHSEN.**



VERÄNDERBARE WELT

Ich gestalte aktiv

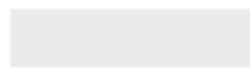
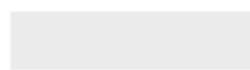
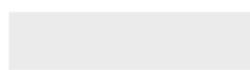
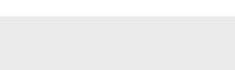
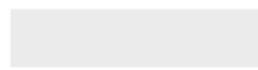
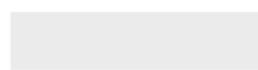
Ich setze Grenzen

UNVERÄNDERBARE WELT

Ich akzeptiere &
lasse los

Ich halte aus &
klage bewusst

Realistische, kleine
Schritte.



ZIEL

ZIEL