

Mein Lebensmotto



Large white trapezoidal area for writing a life motto, with green grass at the bottom left.

Meine Routinen



Large white rounded rectangular area for listing routines.

Meine Top-Werkzeuge



Large white rounded rectangular area for listing top tools.

Wofür ich dankbar bin



Large white rounded rectangular area for expressing gratitude.

Meine „Not-to-do-Liste“

Wide white rounded rectangular area for a 'Not-to-do' list, with a stick figure icon on the right side.

Meine Werte/Bedürfnisse

Stack of seven white rounded rectangular boxes for listing values and needs, with a diamond icon at the bottom left.



Meine Lebensziele

Stack of seven white rounded rectangular boxes for listing life goals.

Meine „Bucketlist“

Stack of six white rounded rectangular boxes for a bucket list, each with a document icon on the left.

Meine Gedanken/Ideen

Large white rounded rectangular area for thoughts and ideas, with a stick figure holding a lightbulb icon at the bottom left.

Meine Stressoren

Meine Zeitdiebe



Endlich **stressfrei** Mein Plan

Name

Datum

Meine Big5

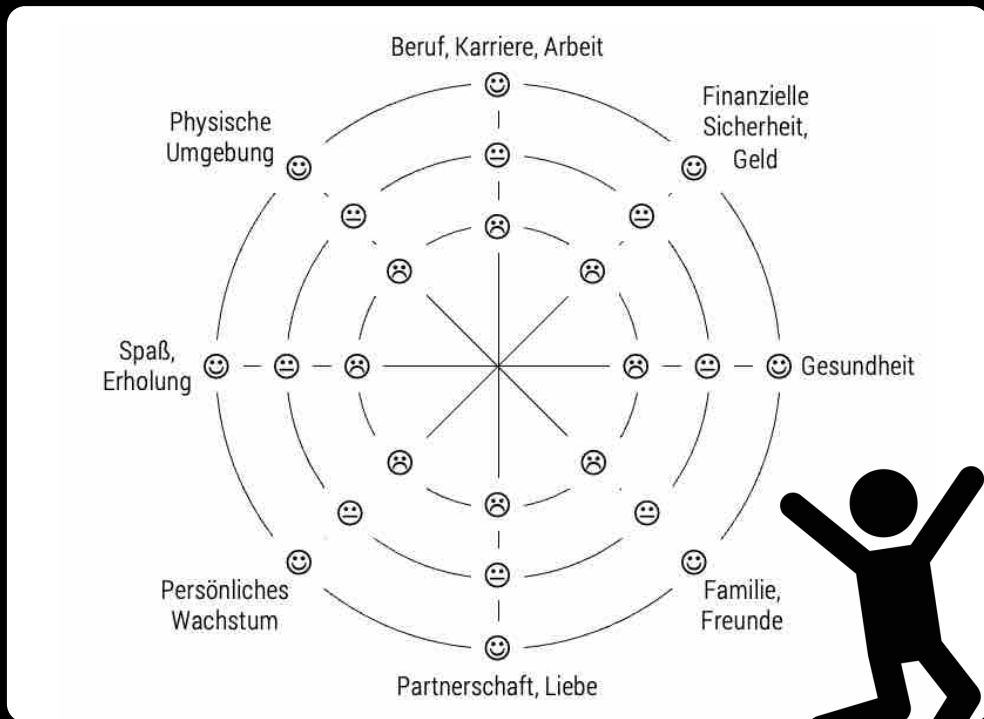
- Neurotizismus
- Extraversion
- Offenheit für Erfahrungen
- Verträglichkeit
- Gewissenhaftigkeit



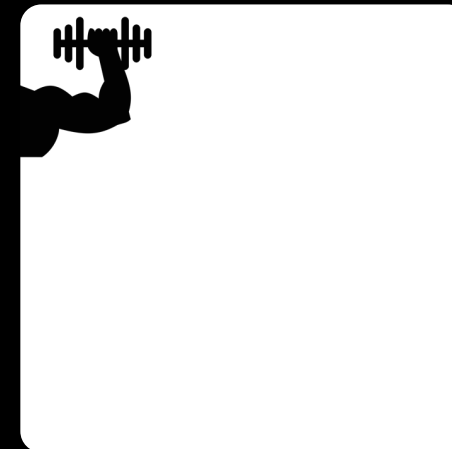
Meine Antreiber

- Sei stark!
- Sei perfekt!
- Mache es allen recht!
- Beile dich!
- Strenge dich an!

So zufrieden bin ich mit meinem Leben



Meine Stärken



Meine positiven Glaubenssätze

- 
- 
- 
- 
- 
-