



From Pause to Action

Date:

Reflect on your process

Watch the completion video about the story of the card Journey,
Look at the 4 cards. Connect them with your own photo and the title you gave to the process.

What insights do you take with you from this process?

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Which is the most meaningful one for you right now?

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How will you express your insight in your life in a practical way?

Action to be completed in the next 24 hours

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Action to be completed in the next week

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Action to be completed in the next month

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