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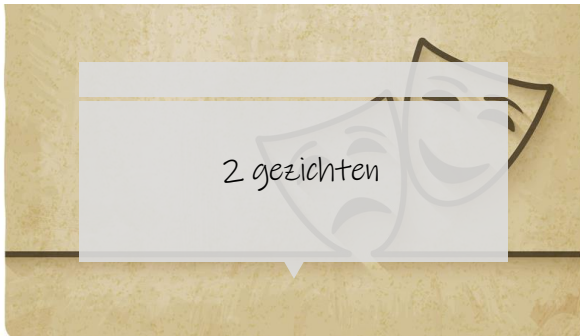
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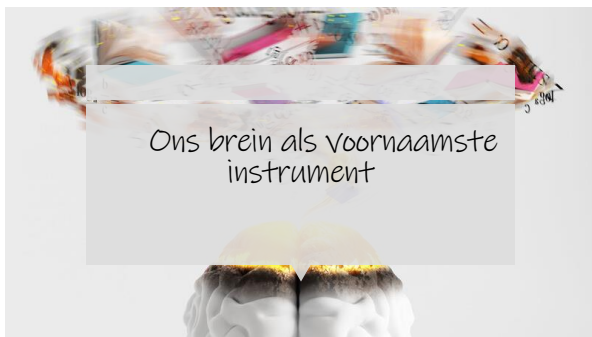
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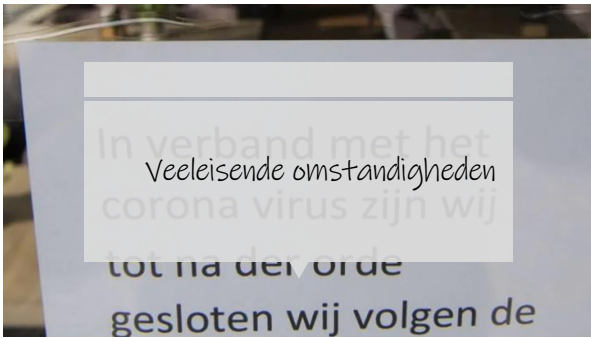
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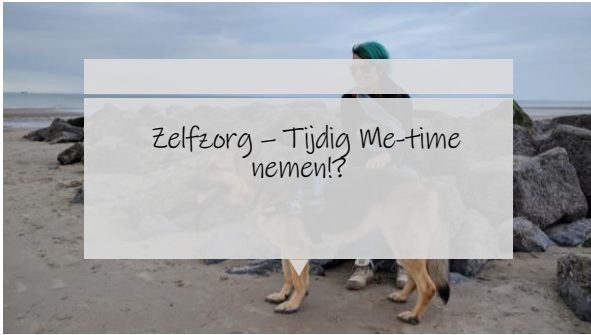
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**GOEDE VOORNEMENS  
IS ALTIJD NOG BETER  
DAN DAT GEZEIK  
ACHTERAF**

*Loesje*

De kloof tussen  
weten en doen

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**PRACTICE WHAT  
YOU PREACH!**

De kloof tussen  
weten en doen

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FLOW =  
Niet alles tegelijk...?!

👁 Focus × ↗️ RICHING × ⌚ Tijd

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Momenten van single task modus

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Hoofd en lijf op dezelfde plek

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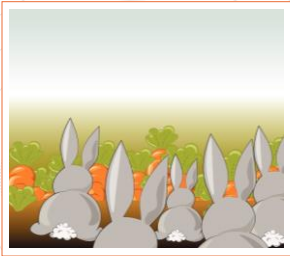
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Loop niet achter  
alle wortels aan

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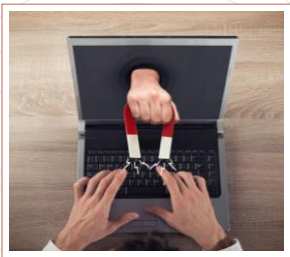
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Jezelf beschermen  
tegen de omgeving

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Niet binnen is niet  
terug buiten

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Aandacht kan je  
trainen

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Mentaal "loslaten"

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Vraag niet wat de wereld nodig heeft  
 Vraag eerder jezelf af wat JOU inspireert  
 en levendig maakt  
 Ga dan verder, maak keuzes en ga dat doen!  
 Want wat de wereld nodig heeft  
 Zijn mensen die tot leven komen,

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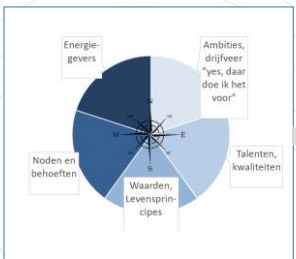
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Leven vanuit de essentie

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In verbinding met de omgeving

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Jezelf of de omgeving veranderen?

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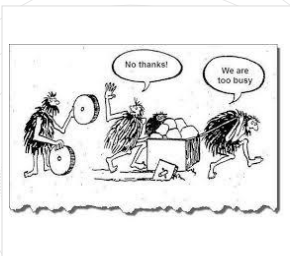
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Te druk om stil te staan?

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Een omgekeerde bucketlist

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Dat gaat niet lukken!  
 Dat wordt hier niet zo gedaan!  
 Dat is nu niet het goede moment!

Doe de ander een plezier!  
 Denken aan jezelf is egoïstisch!

Doe wat "hoort"!  
 Doe wat moet!  
 Doe normaal ...

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"It always seems impossible until it's done" - (Mandela)

"Als mieren zulke harde werkers zijn, hoe komt het dan dat zij tijd vinden om naar al die picknicks te gaan?" -(J de Jonge)

"Jouw eigenaardigheid is niet te evenaren" - (ééntje van mezelf...)

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