**TRÄNINGSMANUAL & CERTIFIERINGSUNDERLAG - STEG 12.**

1. **LÄSUPPGIFTER Steg 12**. Boken: Boken Stark när det gäller sid 1-51. Artikel från Läkartidningen av Åke Pålshammar Feedbackboken-Vecka 5) Se certifieringssida 2-3

Reflexioner på läsuppgifterna: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. **TACKSAMHETSDAGBOK**: Nämn 3 nya saker varje vecka som du är tacksam för:

Jag är tacksam för: 1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 3.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. **TRÄNINGSDAGBOK**

Använt veckans mentala träningsprogram sammanlagt minst fem gånger 1.Självhypnos 1 - Antal gånger:\_\_\_\_ 2. Självhypnos 2 - Antal ggr:\_\_\_\_\_\_\_ Kommentarer:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. **Träning av** **SJÄLVMEDKÄNSLAN** Övning 12: Reflexion:\_.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Veckans Uneståhl citat : Reflexion:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**STEG 12 – CERTIFIERINGSSIDA 2-3**

**FEEDBACKTRÄNINGEN Steg 12 -. Vecka 5 (Steg 12)**

Nu är det dags att ta itu med 3 uppgifter under träningsvecka 5.

**D\_a\_g\_ \_1\_ \_– \_3\_:\_ \_E\_r\_s\_ät\_t\_ \_d\_e\_n\_ \_k\_r\_i\_t\_i\_s\_k\_a\_ \_d\_i\_a\_l\_o\_g\_e\_n\_ \_m\_e\_d\_ \_p\_o\_s\_i\_t\_i\_v\_t\_ \_”s\_j\_äl\_v\_p\_r\_a\_t\_”**

**U\_p\_p\_g\_i\_f\_t\_:\_**

S\_å \_f\_o\_r\_t\_ \_d\_u\_ \_u\_n\_d\_e\_r\_ \_d\_e\_s\_s\_a\_ \_t\_r\_e\_ \_d\_a\_g\_a\_r\_ \_l\_äg\_g\_e\_r\_ \_m\_är\_k\_e\_ \_t\_i\_l\_l\_ \_a\_t\_t\_ \_e\_n\_ \_i\_n\_r\_e\_ \_d\_i\_a\_l\_o\_g\_ \_h\_a\_r\_ \_s\_t\_a\_r\_t\_a\_t\_ \_s\_å \_s\_t\_a\_n\_n\_a\_r\_ \_d\_u\_ \_t\_i\_l\_l\_ \_o\_c\_h\_ \_a\_n\_a\_l\_y\_s\_e\_r\_a\_r\_.\_ \_O\_m\_ \_d\_u\_ \_m\_är\_k\_e\_r\_ \_a\_t\_t\_ \_d\_i\_a\_l\_o\_g\_e\_n\_ \_i\_n\_n\_e\_h\_ål\_l\_e\_r\_ \_k\_r\_i\_t\_i\_k\_ \_(\_m\_y\_c\_k\_e\_t\_ \_v\_a\_n\_l\_i\_g\_t\_)\_,\_ \_s\_å \_e\_r\_s\_ät\_t\_e\_r\_ \_d\_u\_ \_d\_e\_n\_ \_m\_e\_d\_ \_p\_o\_s\_i\_t\_i\_v\_ \_f\_e\_e\_d\_b\_a\_c\_k\_.\_

U\_n\_d\_e\_r\_ \_d\_e\_s\_s\_a\_ \_t\_r\_e\_ \_d\_a\_g\_a\_r\_ \_öv\_a\_r\_ \_d\_u\_ \_p\_å \_a\_t\_t\_ \_h\_e\_l\_t\_ \_u\_n\_d\_v\_i\_k\_a\_ \_a\_l\_l\_a\_ \_f\_o\_r\_m\_e\_r\_ \_a\_v\_ \_n\_e\_g\_a\_t\_i\_v\_ \_f\_e\_e\_d\_b\_a\_c\_k\_ \_o\_c\_h\_ \_b\_a\_r\_a\_ \_r\_e\_a\_g\_e\_r\_a\_ \_p\_å \_n\_är\_ \_d\_u\_ \_s\_j\_äl\_v\_ \_g\_ör\_,\_ \_t\_än\_k\_e\_r\_ \_e\_l\_l\_e\_r\_ \_k\_än\_n\_e\_r\_ \_n\_åg\_o\_t\_ \_b\_r\_a\_.\_

**U\_p\_p\_g\_i\_f\_t\_e\_n\_ \_g\_år\_ \_t\_i\_l\_l\_ \_p\_å \_f\_öl\_j\_a\_n\_d\_e\_ \_s\_ät\_t\_:\_**

I\_d\_e\_n\_t\_i\_f\_i\_e\_r\_a\_ \_u\_n\_d\_e\_r\_ \_v\_a\_r\_j\_e\_ \_d\_a\_g\_ \_a\_l\_l\_t\_ \_d\_e\_t\_ \_s\_o\_m\_ \_d\_u\_ \_g\_i\_l\_l\_a\_r\_ \_o\_c\_h\_ \_t\_y\_c\_k\_e\_r\_ \_o\_m\_ \_h\_o\_s\_ \_d\_i\_g\_ \_s\_j\_äl\_v\_.\_

S\_å \_f\_o\_r\_t\_ \_d\_u\_ \_g\_j\_o\_r\_t\_ \_n\_åg\_o\_t\_ \_s\_o\_m\_ \_d\_u\_ \_t\_y\_c\_k\_e\_r\_ \_v\_a\_r\_ \_b\_r\_a\_,\_ \_s\_å \_s\_äg\_e\_r\_ \_d\_u\_ \_(\_t\_y\_s\_t\_ \_e\_l\_l\_e\_r\_ \_h\_ög\_t\_)\_ \_t\_i\_l\_l\_ \_d\_i\_g\_ \_s\_j\_äl\_v\_:\_ \_”D\_e\_t\_ \_h\_är\_ \_g\_j\_o\_r\_d\_e\_ \_d\_u\_ \_(\_j\_a\_g\_)\_ \_b\_r\_a\_!\_ \_E\_n\_ \_d\_e\_l\_ \_f\_ör\_e\_d\_r\_a\_r\_ \_a\_t\_t\_ \_t\_a\_l\_a\_ \_t\_i\_l\_l\_ \_s\_i\_g\_ \_s\_j\_äl\_v\_ \_i\_ \_d\_u\_ \_f\_o\_r\_m\_,\_ \_a\_n\_d\_r\_a\_ \_i\_ \_j\_a\_g\_‐f\_o\_r\_m\_.\_

D\_u\_ \_k\_a\_n\_ \_u\_t\_v\_i\_d\_g\_a\_ \_d\_e\_t\_ \_t\_i\_l\_l\_ \_a\_n\_d\_r\_a\_ \_s\_a\_k\_e\_r\_ \_än\_ \_j\_u\_s\_t\_ \_b\_e\_t\_e\_e\_n\_d\_e\_t\_,\_ \_t\_.\_e\_x\_.\_:\_ \_”V\_i\_l\_k\_a\_ \_t\_i\_l\_l\_t\_a\_l\_a\_n\_d\_e\_ \_k\_l\_äd\_e\_r\_ \_j\_a\_g\_ \_h\_a\_r\_ \_i\_d\_a\_g\_” \_e\_l\_l\_e\_r\_ \_”T\_än\_k\_ \_v\_a\_d\_ \_l\_u\_g\_n\_/\_g\_l\_a\_d\_/\_h\_a\_r\_m\_o\_n\_i\_s\_k\_ \_j\_a\_g\_ \_k\_än\_n\_e\_r\_ \_m\_i\_g\_”

T\_än\_k\_ \_p\_å \_a\_t\_t\_ \_f\_e\_e\_d\_b\_a\_c\_k\_ \_h\_a\_r\_ \_b\_ät\_t\_r\_e\_ \_e\_f\_f\_e\_k\_t\_ \_o\_m\_ \_d\_e\_n\_ \_t\_i\_d\_s\_m\_äs\_s\_i\_g\_t\_ \_k\_o\_m\_m\_e\_r\_ \_s\_å \_n\_är\_a\_ \_s\_o\_m\_ \_m\_öj\_l\_i\_g\_t\_ \_t\_i\_l\_l\_ \_d\_e\_t\_ \_s\_o\_m\_ \_d\_u\_ \_v\_i\_l\_l\_ \_f\_ör\_s\_t\_är\_k\_a\_.\_

H\_i\_t\_t\_a\_ \_n\_åg\_o\_t\_ \_n\_y\_t\_t\_ \_a\_t\_t\_ \_g\_l\_äd\_j\_a\_s\_ \_öv\_e\_r\_ \_h\_o\_s\_ \_d\_i\_g\_ \_s\_j\_äl\_v\_ \_v\_a\_r\_j\_e\_ \_d\_a\_g\_ \_u\_n\_d\_e\_r\_ \_v\_e\_c\_k\_a\_n\_.\_

T\_a\_ \_e\_m\_o\_t\_ \_d\_e\_n\_ \_k\_än\_s\_l\_a\_ \_a\_v\_ \_g\_l\_äd\_j\_e\_ \_s\_o\_m\_ \_k\_o\_m\_m\_e\_r\_ \_n\_är\_ \_d\_u\_ \_g\_e\_r\_ \_d\_i\_g\_ \_p\_o\_s\_i\_t\_i\_v\_ \_f\_e\_e\_d\_b\_a\_c\_k\_

***R\_a\_p\_p\_o\_r\_t\_e\_r\_a\_ \_e\_f\_t\_e\_r\_ \_d\_e\_s\_s\_a\_ \_t\_r\_e\_ \_d\_a\_g\_a\_r\_ \_i\_ \_t\_r\_än\_i\_n\_g\_s\_b\_o\_k\_e\_n\_.\_ \_***

**D\_a\_g\_ \_4\_ \_‐ \_5\_:\_ \_G\_e\_ \_d\_i\_g\_ \_p\_o\_s\_i\_t\_i\_v\_t\_ \_”s\_j\_äl\_v\_p\_r\_a\_t\_” \_f\_l\_e\_r\_a\_ \_g\_ån\_g\_e\_r\_/\_d\_a\_g\_**

**U\_p\_p\_g\_i\_f\_t\_:\_**

U\_n\_d\_e\_r\_ \_d\_e\_s\_s\_a\_ \_f\_y\_r\_a\_ \_d\_a\_g\_a\_r\_ \_är\_ \_u\_p\_p\_g\_i\_f\_t\_e\_n\_ \_a\_t\_t\_ \_b\_l\_i\_ \_g\_o\_d\_ \_v\_än\_ \_m\_e\_d\_ \_d\_i\_g\_ \_s\_j\_äl\_v\_ \_o\_c\_h\_ \_a\_t\_t\_ \_s\_e\_ \_t\_i\_l\_l\_ \_a\_t\_t\_ \_d\_u\_ \_g\_e\_r\_ \_d\_i\_g\_ \_p\_o\_s\_i\_t\_i\_v\_ \_f\_e\_e\_d\_­b\_a\_c\_k\_ \_o\_c\_h\_ \_h\_a\_r\_ \_f\_l\_e\_r\_a\_ \_”s\_e\_s\_s\_i\_o\_n\_e\_r\_” \_a\_v\_ \_p\_o\_s\_i\_t\_i\_v\_t\_ \_s\_j\_äl\_v\_p\_r\_a\_t\_ \_v\_a\_r\_j\_e\_ \_d\_a\_g\_.\_

B\_ör\_j\_a\_ \_m\_e\_d\_ \_”s\_p\_e\_g\_e\_l\_t\_a\_l\_e\_t\_” \_(\_s\_e\_ \_n\_e\_d\_a\_n\_)\_ \_p\_å \_m\_o\_r\_g\_o\_n\_e\_n\_ \_o\_c\_h\_ \_f\_y\_l\_l\_ \_s\_e\_d\_a\_n\_ \_p\_å \_b\_åd\_e\_ \_m\_e\_d\_ \_u\_p\_p\_m\_u\_n\_t\_r\_a\_n\_d\_e\_ \_o\_r\_d\_ \_o\_c\_h\_ \_m\_e\_d\_ \_t\_i\_l\_l\_r\_o\_p\_ \_(\_”D\_e\_t\_ \_d\_är\_ \_g\_j\_o\_r\_d\_e\_ \_d\_u\_ \_b\_r\_a\_” \_i\_s\_t\_äl\_l\_e\_t\_ \_f\_ör\_ \_”V\_a\_d\_ \_d\_u\_m\_ \_j\_a\_g\_ \_är\_”!\_)\_ \_f\_ör\_ \_a\_t\_t\_ \_s\_e\_d\_a\_n\_ \_s\_l\_u\_t\_a\_ \_m\_e\_d\_ \_a\_t\_t\_ \_i\_n\_n\_a\_n\_ \_i\_n\_s\_o\_m\_­n\_a\_n\_d\_e\_t\_ \_g\_å \_i\_g\_e\_n\_o\_m\_ \_d\_e\_ \_t\_r\_e\_ \_s\_a\_k\_e\_r\_ \_u\_n\_d\_e\_r\_ \_d\_a\_g\_e\_n\_ \_d\_är\_ \_m\_a\_n\_ \_är\_ \_m\_e\_s\_t\_ \_n\_öj\_d\_ \_o\_c\_h\_ \_g\_l\_a\_d\_ \_öv\_e\_r\_ \_s\_i\_g\_ \_s\_j\_äl\_v\_.\_

R\_a\_p\_p\_o\_r\_t\_e\_r\_a\_ \_e\_f\_t\_e\_r\_ \_v\_a\_r\_j\_e\_ \_d\_a\_g\_ \_e\_l\_l\_e\_r\_ \_e\_f\_t\_e\_r\_ \_d\_e\_s\_s\_a\_ \_f\_y\_r\_a\_ \_d\_a\_g\_a\_r\_ \_i\_ \_t\_r\_än\_i\_n\_g\_s\_d\_a\_g\_b\_o\_k\_e\_n\_.\_ \_

Sid. 15

**D\_a\_g\_ \_6\_ \_– \_7\_:\_ \_P\_o\_s\_i\_t\_i\_v\_ \_s\_j\_äl\_v\_b\_i\_l\_d\_ \_g\_e\_n\_o\_m\_ \_a\_t\_t\_r\_a\_k\_t\_i\_v\_a\_ \_m\_ål\_b\_i\_l\_d\_e\_r\_**

**Öv\_n\_i\_n\_g\_:\_**

T\_i\_l\_l\_äm\_p\_a\_ \_s\_a\_m\_m\_a\_ \_g\_y\_l\_l\_e\_n\_e\_ \_r\_e\_g\_e\_l\_ \_s\_o\_m\_ \_d\_u\_ \_a\_n\_v\_än\_d\_e\_ \_u\_n\_d\_e\_r\_ \_t\_r\_än\_i\_n\_g\_s\_v\_e\_c\_k\_a\_ \_2\_ \_m\_e\_n\_ \_n\_u\_ \_r\_i\_k\_t\_a\_d\_ \_t\_i\_l\_l\_ \_d\_i\_g\_ \_s\_j\_äl\_v\_.\_

**D\_å \_l\_y\_d\_e\_r\_ \_d\_e\_n\_ \_p\_å \_f\_öl\_j\_a\_n\_d\_e\_ \_s\_ät\_t\_:\_**

J\_a\_g\_ \_s\_e\_r\_ \_i\_n\_t\_e\_ \_p\_å \_m\_i\_g\_ \_s\_j\_äl\_v\_ \_u\_t\_i\_f\_r\_ån\_ \_h\_u\_r\_ \_j\_a\_g\_ \_v\_a\_r\_!\_ \_J\_a\_g\_ \_s\_e\_r\_ \_i\_n\_t\_e\_ \_p\_å \_m\_i\_g\_ \_s\_j\_äl\_v\_ \_u\_t\_i\_f\_r\_ån\_ \_h\_u\_r\_ \_d\_e\_t\_ \_är\_.\_

J\_a\_g\_ \_s\_e\_r\_ \_p\_å \_m\_i\_g\_ \_s\_j\_äl\_v\_ \_u\_t\_i\_f\_r\_ån\_ \_h\_u\_r\_ \_j\_a\_g\_ \_v\_i\_l\_l\_ \_a\_t\_t\_ \_j\_a\_g\_ \_s\_k\_a\_ \_b\_l\_i\_.\_

***K\_o\_m\_m\_e\_n\_t\_a\_r\_e\_r\_ \_i\_ \_t\_r\_än\_i\_n\_g\_s\_d\_a\_g\_b\_o\_k\_e\_n\_.\_***

***K\_o\_m\_m\_e\_n\_t\_a\_r\_e\_r\_ \_t\_i\_l\_l\_ \_öv\_n\_i\_n\_g\_a\_r\_n\_a\_***

**K\_r\_i\_t\_i\_s\_e\_r\_a\_ \_i\_n\_t\_e\_ \_d\_i\_g\_ \_s\_j\_äl\_v\_**

V\_i\_s\_s\_a\_ \_m\_än\_n\_i\_s\_k\_o\_r\_ \_h\_a\_r\_ \_n\_är\_a\_ \_t\_i\_l\_l\_ \_a\_t\_t\_ \_k\_r\_i\_t\_i\_s\_e\_r\_a\_ \_a\_n\_d\_r\_a\_ \_o\_c\_h\_ \_v\_i\_s\_s\_a\_ \_h\_a\_r\_ \_l\_ät\_t\_ \_t\_i\_l\_l\_ \_o\_l\_i\_k\_a\_ \_f\_o\_r\_m\_e\_r\_ \_a\_v\_ \_s\_j\_äl\_v\_k\_r\_i\_t\_i\_k\_.\_ \_F\_r\_e\_u\_d\_ \_s\_k\_u\_l\_l\_e\_ \_k\_a\_n\_s\_k\_e\_ \_v\_i\_l\_j\_a\_ \_p\_ås\_t\_å \_a\_t\_t\_ \_d\_e\_t\_ \_f\_i\_n\_n\_s\_ \_e\_t\_t\_ \_s\_a\_m\_b\_a\_n\_d\_ \_h\_är\_ \_m\_e\_n\_ \_d\_e\_t\_ \_k\_a\_n\_ \_v\_i\_ \_l\_åt\_a\_ \_v\_a\_r\_a\_ \_o\_s\_a\_g\_t\_.\_ \_I\_ \_v\_i\_l\_k\_e\_t\_ \_f\_a\_l\_l\_ \_l\_e\_d\_e\_r\_ \_e\_n\_ \_s\_j\_äl\_v\_­k\_r\_i\_t\_i\_k\_ \_o\_f\_t\_a\_ \_t\_i\_l\_l\_ \_e\_n\_ \_d\_ål\_i\_g\_ \_s\_j\_äl\_v\_b\_i\_l\_d\_ \_v\_i\_l\_k\_e\_t\_ \_i\_ \_s\_i\_n\_ \_t\_u\_r\_ \_g\_ör\_ \_a\_t\_t\_ \_m\_a\_n\_ \_l\_y\_c\_k\_a\_s\_ \_s\_äm\_r\_e\_ \_o\_c\_h\_ \_d\_är\_i\_g\_e\_n\_o\_m\_ \_t\_y\_c\_k\_e\_r\_ \_a\_t\_t\_ \_m\_a\_n\_ \_f\_år\_ \_s\_k\_äl\_ \_f\_ör\_ \_e\_n\_ \_än\_n\_u\_ \_s\_t\_ör\_r\_e\_ \_s\_j\_äl\_v\_k\_r\_i\_t\_i\_k\_.\_ \_O\_c\_k\_s\_å \_h\_är\_ \_f\_i\_n\_n\_s\_ \_d\_e\_t\_ \_d\_är\_f\_ör\_ \_a\_n\_l\_e\_d\_n\_i\_n\_g\_ \_a\_t\_t\_ \_f\_ör\_e\_s\_l\_å \_b\_ät\_t\_r\_e\_ \_a\_l\_t\_e\_r\_n\_a\_t\_i\_v\_.\_

E\_n\_ \_r\_e\_g\_e\_l\_ \_s\_o\_m\_ \_f\_i\_n\_n\_s\_ \_b\_åd\_e\_ \_i\_ \_U\_t\_v\_e\_c\_k\_l\_i\_n\_g\_s\_m\_o\_d\_e\_l\_l\_e\_n\_ \_o\_c\_h\_ \_i\_ \_N\_L\_P\_ \_(\_N\_e\_u\_r\_o\_l\_i\_n\_g\_u\_i\_s\_t\_i\_s\_k\_ \_P\_r\_o\_g\_r\_a\_m\_m\_e\_r\_i\_n\_g\_)\_ \_är\_ \_f\_öl\_j\_a\_n\_d\_e\_:\_ \_D\_u\_ \_g\_ör\_ \_a\_l\_l\_t\_i\_d\_ \_d\_i\_t\_t\_ \_b\_äs\_t\_a\_ \_u\_t\_i\_f\_r\_ån\_ \_d\_e\_ \_f\_ör\_u\_t\_s\_ät\_t\_n\_i\_n\_g\_a\_r\_ \_d\_u\_ \_h\_a\_r\_ \_i\_ \_d\_e\_t\_ \_ög\_o\_n\_b\_l\_i\_c\_k\_ \_d\_u\_ \_h\_a\_n\_d\_l\_a\_r\_.\_

D\_e\_t\_t\_a\_ \_är\_ \_e\_n\_ \_r\_e\_g\_e\_l\_ \_s\_o\_m\_ \_f\_åt\_t\_ \_e\_n\_ \_a\_l\_l\_t\_ \_s\_t\_ör\_r\_e\_ \_a\_n\_v\_än\_d\_n\_i\_n\_g\_ \_i\_ \_”d\_e\_b\_r\_i\_e\_f\_i\_n\_g\_” \_e\_f\_t\_e\_r\_ \_k\_a\_t\_a\_s\_t\_r\_o\_f\_e\_r\_ \_e\_l\_l\_e\_r\_ \_e\_f\_t\_e\_r\_ \_s\_i\_t\_u\_a\_t\_i\_o\_n\_e\_r\_ \_m\_e\_d\_ \_s\_t\_a\_r\_k\_t\_ \_e\_m\_o\_t\_i\_o\_n\_e\_l\_l\_t\_ \_i\_n\_n\_e\_h\_ål\_l\_.\_ \_O\_f\_t\_a\_ \_k\_än\_n\_e\_r\_ \_d\_e\_ \_p\_e\_r\_s\_o\_n\_e\_r\_ \_s\_o\_m\_ \_v\_a\_r\_ \_i\_n\_b\_l\_a\_n\_d\_a\_d\_e\_ \_s\_k\_u\_l\_d\_k\_än\_s\_l\_o\_r\_ \_e\_f\_t\_e\_r\_åt\_ \_f\_ör\_ \_a\_t\_t\_ \_m\_a\_n\_ \_i\_n\_t\_e\_ \_h\_a\_n\_d\_l\_a\_d\_e\_ \_p\_å \_e\_t\_t\_ \_a\_n\_n\_a\_t\_ \_s\_ät\_t\_ \_än\_ \_m\_a\_n\_ \_g\_j\_o\_r\_d\_e\_.\_

A\_t\_t\_ \_d\_å \_f\_å \_h\_ör\_a\_ \_a\_t\_t\_ \_”D\_u\_ \_g\_j\_o\_r\_d\_e\_ \_f\_a\_k\_t\_i\_s\_k\_t\_ \_d\_i\_t\_t\_ \_a\_b\_s\_o\_l\_u\_t\_ \_b\_äs\_t\_a\_ \_u\_t\_i\_f\_r\_ån\_ \_d\_e\_ \_f\_ör\_u\_t\_s\_ät\_t\_n\_i\_n\_g\_a\_r\_ \_d\_u\_ \_h\_a\_d\_e\_ \_j\_u\_s\_t\_ \_d\_å” \_D\_e\_t\_t\_a\_ \_i\_n\_n\_e\_b\_är\_ \_j\_u\_ \_i\_n\_t\_e\_ \_a\_t\_t\_ \_m\_a\_n\_ \_i\_n\_t\_e\_ \_k\_a\_n\_ \_o\_c\_h\_ \_k\_a\_n\_s\_k\_e\_ \_s\_k\_a\_ \_h\_a\_n\_d\_l\_a\_ \_a\_n\_n\_o\_r\_l\_u\_n\_d\_a\_ \_n\_äs\_t\_a\_ \_g\_ån\_g\_ \_g\_e\_n\_o\_m\_ \_a\_t\_t\_ \_m\_a\_n\_ \_l\_är\_ \_s\_i\_g\_ \_d\_e\_t\_ \_s\_o\_m\_ \_b\_e\_h\_öv\_s\_ \_f\_ör\_ \_a\_t\_t\_ \_k\_u\_n\_n\_a\_ \_h\_a\_ \_a\_n\_d\_r\_a\_ \_f\_ör\_u\_t\_s\_ät\_t\_n\_i\_n\_g\_a\_r\_ \_a\_t\_t\_ \_h\_a\_n\_d\_l\_a\_ \_a\_n\_n\_o\_r\_l\_u\_n\_d\_a\_ \_i\_ \_e\_n\_ \_l\_i\_k\_n\_a\_n\_d\_e\_ \_s\_i\_t\_u\_a\_t\_i\_o\_n\_ \_i\_ \_f\_r\_a\_m\_t\_i\_­d\_e\_n\_.\_

**J\_o\_h\_a\_r\_i\_f\_ön\_s\_t\_r\_e\_t\_**

V\_a\_r\_j\_e\_ \_u\_t\_v\_e\_c\_k\_l\_i\_n\_g\_s\_p\_r\_o\_c\_e\_s\_s\_ \_b\_e\_h\_öv\_e\_r\_ \_f\_e\_e\_d\_b\_a\_c\_k\_.\_ \_E\_n\_ \_d\_e\_l\_ \_a\_v\_ \_d\_e\_n\_ \_k\_a\_n\_ \_j\_a\_g\_ \_s\_k\_a\_f\_f\_a\_ \_s\_j\_äl\_v\_ \_m\_e\_d\_a\_n\_ \_j\_a\_g\_ \_f\_ör\_ \_a\_n\_n\_a\_n\_ \_f\_e\_e\_d\_­b\_a\_c\_k\_ \_b\_e\_h\_öv\_e\_r\_ \_h\_j\_äl\_p\_ \_a\_v\_ \_o\_m\_g\_i\_v\_n\_i\_n\_g\_e\_n\_.\_

D\_u\_ \_h\_a\_r\_ \_s\_äk\_e\_r\_t\_ \_h\_ör\_t\_ \_t\_a\_l\_a\_s\_ \_o\_m\_ \_J\_o\_h\_a\_r\_i\_f\_ön\_s\_t\_r\_e\_t\_.\_ \_D\_e\_t\_ \_s\_e\_r\_ \_u\_t\_ \_s\_å \_h\_är\_:\_

D\_e\_t\_ \_f\_i\_n\_n\_s\_ \_v\_i\_s\_s\_a\_ \_s\_a\_k\_e\_r\_ \_s\_o\_m\_ \_v\_a\_r\_k\_e\_n\_ \_j\_a\_g\_ \_e\_l\_l\_e\_r\_ \_a\_n\_d\_r\_a\_ \_v\_e\_t\_ \_o\_m\_ \_m\_i\_g\_.\_ \_D\_e\_t\_ \_är\_ \_s\_a\_k\_e\_r\_ \_s\_o\_m\_ \_k\_a\_n\_ \_l\_i\_g\_g\_a\_ \_d\_j\_u\_p\_t\_ \_g\_öm\_d\_a\_ \_i\_ \_d\_e\_t\_ \_s\_o\_m\_ \_F\_r\_e\_u\_d\_ \_k\_a\_l\_l\_a\_d\_e\_ \_f\_ör\_ \_d\_e\_t\_ \_O\_m\_e\_d\_v\_e\_t\_n\_a\_.\_

E\_x\_i\_s\_t\_e\_n\_s\_e\_n\_ \_a\_v\_ \_e\_t\_t\_ \_s\_åd\_a\_n\_t\_ \_o\_m\_r\_åd\_e\_ \_h\_a\_r\_ \_b\_e\_k\_r\_äf\_t\_a\_t\_s\_ \_a\_v\_ \_m\_o\_d\_e\_r\_n\_ \_n\_e\_u\_r\_o\_f\_y\_s\_i\_o\_l\_o\_g\_i\_,\_ \_d\_är\_ \_v\_i\_ \_i\_d\_a\_g\_ \_v\_e\_t\_ \_a\_t\_t\_ \_s\_t\_ör\_r\_e\_ \_d\_e\_l\_e\_n\_ \_a\_v\_ \_c\_o\_r\_t\_e\_x\_ \_e\_l\_l\_e\_r\_ \_h\_j\_är\_n\_b\_a\_r\_k\_e\_n\_ \_i\_ \_v\_a\_r\_j\_e\_ \_ög\_o\_n\_b\_l\_i\_c\_k\_ \_t\_a\_r\_ \_i\_n\_ \_i\_n\_f\_o\_r\_m\_a\_t\_i\_o\_n\_ \_m\_e\_n\_ \_i\_c\_k\_e\_ \_s\_än\_d\_e\_r\_ \_u\_t\_,\_ \_d\_.\_v\_.\_s\_.\_ \_a\_t\_t\_ \_d\_e\_n\_ \_m\_o\_t\_t\_a\_g\_­n\_a\_ \_i\_n\_f\_o\_r\_m\_a\_t\_i\_o\_n\_e\_n\_ \_l\_äg\_g\_s\_ \_p\_å \_e\_n\_ \_i\_c\_k\_e\_ \_m\_e\_d\_v\_e\_t\_e\_n\_ \_n\_i\_v\_å.\_

B\_åd\_e\_ \_o\_l\_i\_k\_a\_ \_s\_l\_a\_g\_s\_ \_t\_e\_r\_a\_p\_i\_e\_r\_ \_l\_i\_k\_s\_o\_m\_ \_M\_e\_n\_t\_a\_l\_ \_T\_r\_än\_i\_n\_g\_ \_o\_c\_h\_ \_C\_o\_a\_c\_h\_i\_n\_g\_ \_b\_i\_d\_r\_a\_r\_ \_t\_i\_l\_l\_ \_a\_t\_t\_ \_p\_i\_l\_a\_r\_ \_g\_år\_ \_f\_r\_ån\_ \_f\_j\_är\_d\_e\_ \_t\_i\_l\_l\_ \_f\_ör\_s\_t\_a\_ \_r\_u\_t\_a\_n\_.\_

A\_r\_b\_e\_t\_a\_r\_ \_m\_a\_n\_ \_m\_e\_d\_ \_p\_e\_r\_s\_o\_n\_l\_i\_g\_ \_u\_t\_v\_e\_c\_k\_l\_i\_n\_g\_ \_g\_år\_ \_o\_c\_k\_s\_å \_m\_y\_c\_k\_e\_t\_ \_p\_i\_l\_a\_r\_ \_i\_ \_s\_a\_m\_m\_a\_ \_r\_i\_k\_t\_n\_i\_n\_g\_ \_o\_c\_h\_ \_ök\_a\_r\_ \_m\_e\_d\_v\_e\_t\_e\_n\_h\_e\_t\_e\_n\_ \_o\_m\_ \_v\_e\_m\_ \_m\_a\_n\_ \_är\_ \_s\_o\_m\_ \_m\_än\_n\_i\_s\_k\_a\_.\_ \_D\_e\_t\_ \_m\_e\_s\_t\_ \_i\_n\_t\_r\_e\_s\_s\_a\_n\_t\_a\_ \_i\_ \_d\_e\_t\_t\_a\_ \_h\_än\_s\_e\_e\_n\_d\_e\_ \_är\_ \_r\_u\_t\_a\_ \_2\_ \_(\_b\_l\_i\_n\_d\_a\_ \_f\_ön\_s\_t\_r\_e\_t\_)\_,\_ \_d\_e\_t\_ \_s\_o\_m\_ \_a\_n\_d\_r\_a\_ \_v\_e\_t\_ \_o\_m\_ \_m\_i\_g\_ \_m\_e\_n\_ \_d\_e\_t\_ \_j\_a\_g\_ \_i\_n\_t\_e\_ \_v\_e\_t\_ \_s\_j\_äl\_v\_.\_ \_E\_f\_t\_e\_r\_s\_o\_m\_ \_a\_n\_d\_r\_a\_ \_r\_e\_a\_g\_e\_r\_a\_r\_ \_m\_o\_t\_ \_m\_i\_g\_ \_u\_t\_i\_f\_r\_ån\_ \_d\_e\_n\_ \_b\_i\_l\_d\_ \_o\_c\_h\_ \_u\_p\_p\_f\_a\_t\_t\_n\_i\_n\_g\_ \_d\_e\_ \_h\_a\_r\_ \_o\_m\_ \_m\_i\_g\_,\_ \_s\_å \_k\_a\_n\_ \_j\_a\_g\_ \_h\_a\_ \_s\_v\_år\_t\_ \_a\_t\_t\_ \_b\_åd\_e\_ \_f\_ör\_s\_t\_å \_o\_c\_h\_ \_a\_t\_t\_ \_a\_g\_e\_r\_a\_ \_p\_å \_e\_t\_t\_ \_b\_r\_a\_ \_s\_ät\_t\_ \_o\_m\_ \_a\_n\_d\_r\_a\_s\_ \_u\_p\_p\_f\_a\_t\_t\_n\_i\_n\_g\_ \_är\_ \_d\_o\_l\_d\_ \_f\_ör\_ \_m\_i\_g\_.\_

J\_a\_g\_ \_b\_e\_h\_öv\_e\_r\_ \_n\_a\_t\_u\_r\_l\_i\_g\_t\_v\_i\_s\_ \_i\_n\_t\_e\_ \_a\_n\_p\_a\_s\_s\_a\_ \_m\_i\_g\_ \_t\_i\_l\_l\_ \_v\_a\_d\_ \_a\_n\_d\_r\_a\_ \_t\_y\_c\_k\_e\_r\_ \_m\_e\_n\_ \_m\_e\_d\_v\_e\_t\_e\_n\_h\_e\_t\_e\_n\_ \_o\_m\_ \_d\_e\_t\_ \_l\_e\_d\_e\_r\_ \_t\_i\_l\_l\_ \_a\_t\_t\_ \_j\_a\_g\_ \_k\_a\_n\_ \_v\_äl\_j\_a\_ \_u\_t\_i\_f\_r\_ån\_ \_f\_r\_åg\_a\_n\_:\_ \_V\_i\_l\_l\_ \_j\_a\_g\_ \_e\_l\_l\_e\_r\_ \_v\_i\_l\_l\_ \_j\_a\_g\_ \_i\_n\_t\_e\_ \_a\_t\_t\_ \_a\_n\_d\_r\_a\_ \_s\_k\_a\_ \_u\_p\_p\_f\_a\_t\_t\_a\_ \_m\_i\_g\_ \_p\_å \_d\_e\_t\_ \_s\_ät\_t\_e\_t\_?\_”

Sid.

R\_a\_p\_p\_o\_r\_t\_e\_r\_a\_ \_e\_f\_t\_e\_r\_ \_v\_a\_r\_j\_e\_ \_d\_a\_g\_ \_e\_l\_l\_e\_r\_ \_e\_f\_t\_e\_r\_ \_d\_e\_s\_s\_a\_ \_d\_a\_g\_a\_r\_ \_i\_ \_t\_r\_än\_i\_n\_g\_s\_d\_a\_g\_b\_o\_k\_e\_n\_.\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Vad har hänt under veckan som utvecklat din kapacitet och dina resurser? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Vilka Aha-upplevelser och Insikter har du fått från veckans webbinar?\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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