

**MY RELATIONSHIPS** WHO AM I, WHAT DO I WANT? **SELF-KNOWLEDGE NUTRITION** 

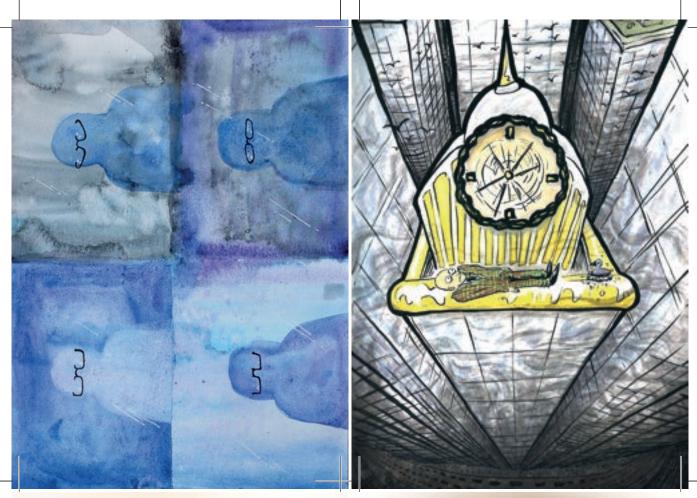


MONEY
Personal income and outlays

TOO MANY SOCIAL SERVICES

**MOTIVATION** 

**STUDYING** 







**COPING SKILLS IN WORK AND WORK TRIAL** YOUR EVERYDAY LIFE **SPERE TIME AND LIVING HOBBIES** 

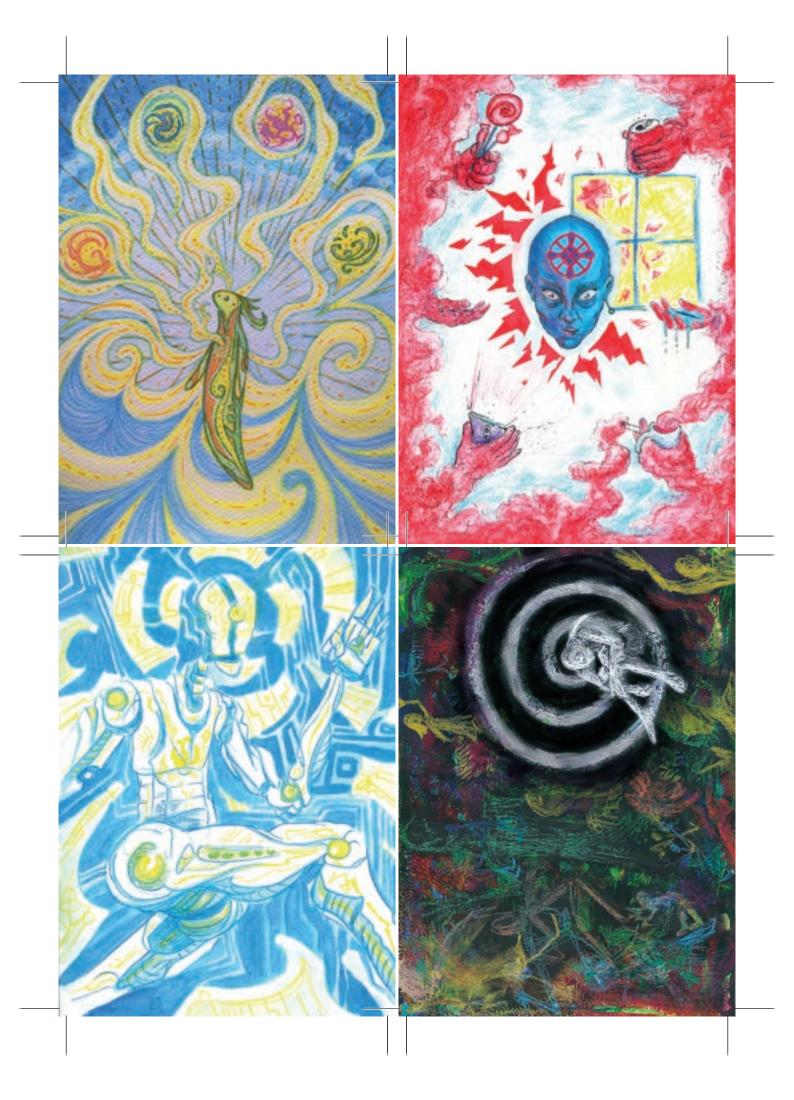


ADDICTIONS

MY EMOTIONS
HOW TO RECOGNIZE

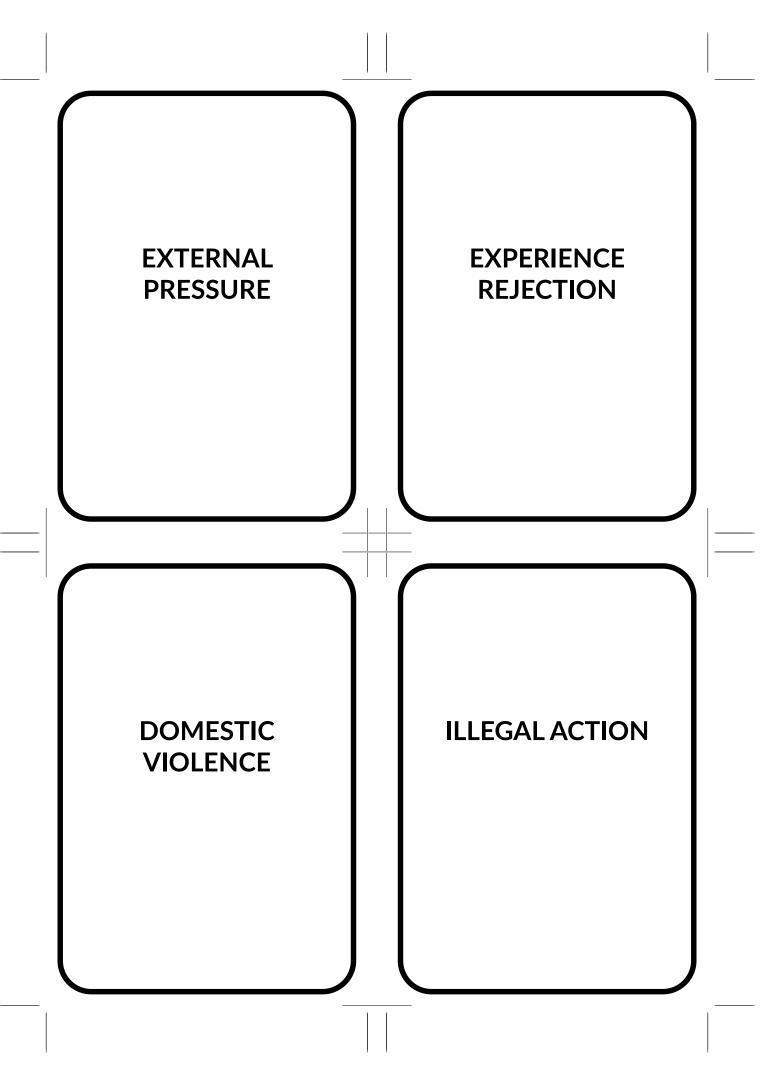
**LONELINESS** 

HEALTH AND FUCTIONAL ABILITY

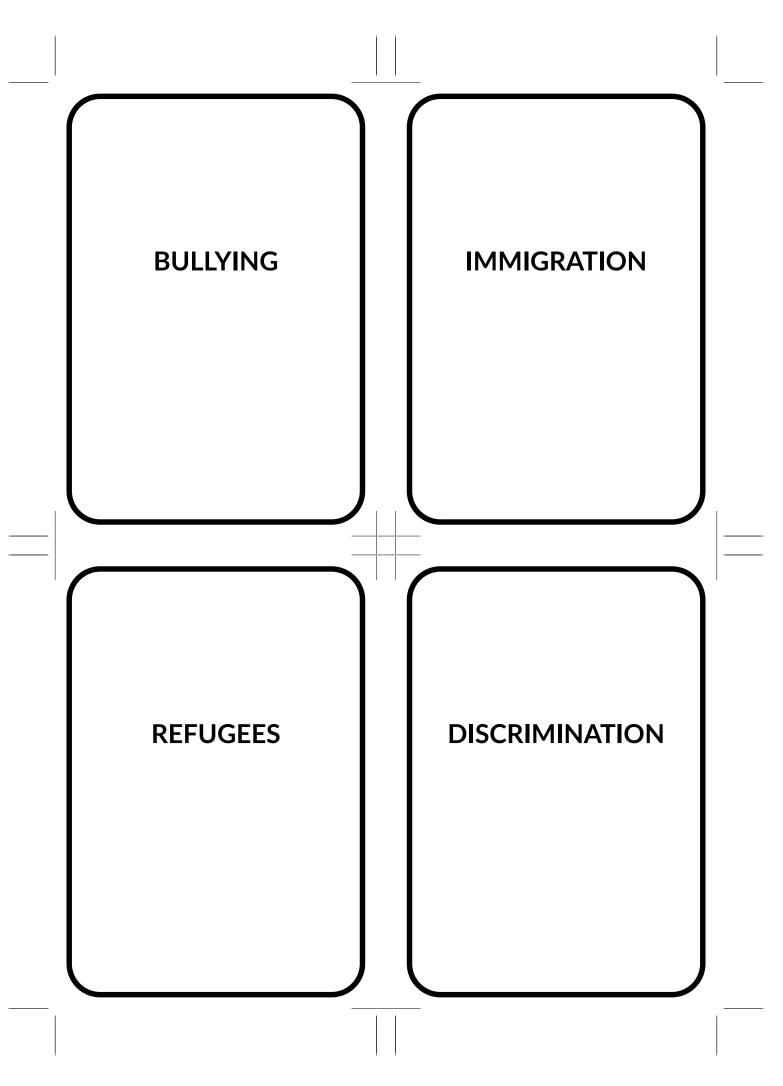


**MENTAL WELL-BEING SLEEP AND REST** YOUR LIFESTYLE **SELF-DESTRUCTIVE BEHAVIOR** 

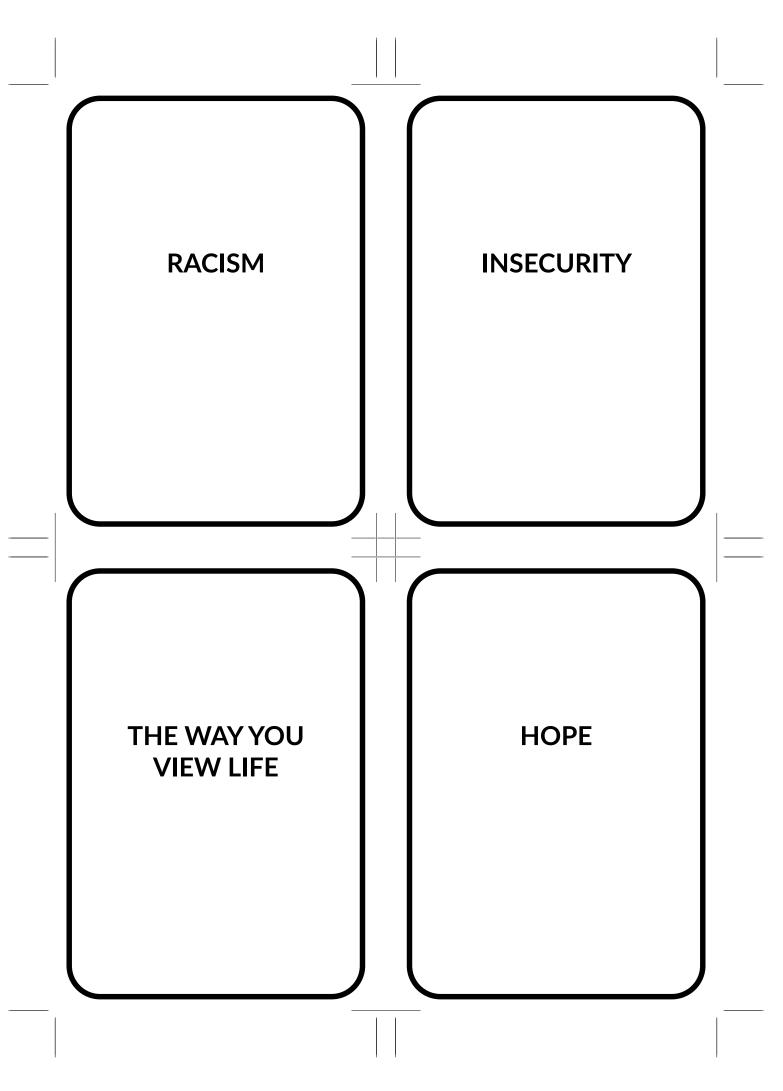










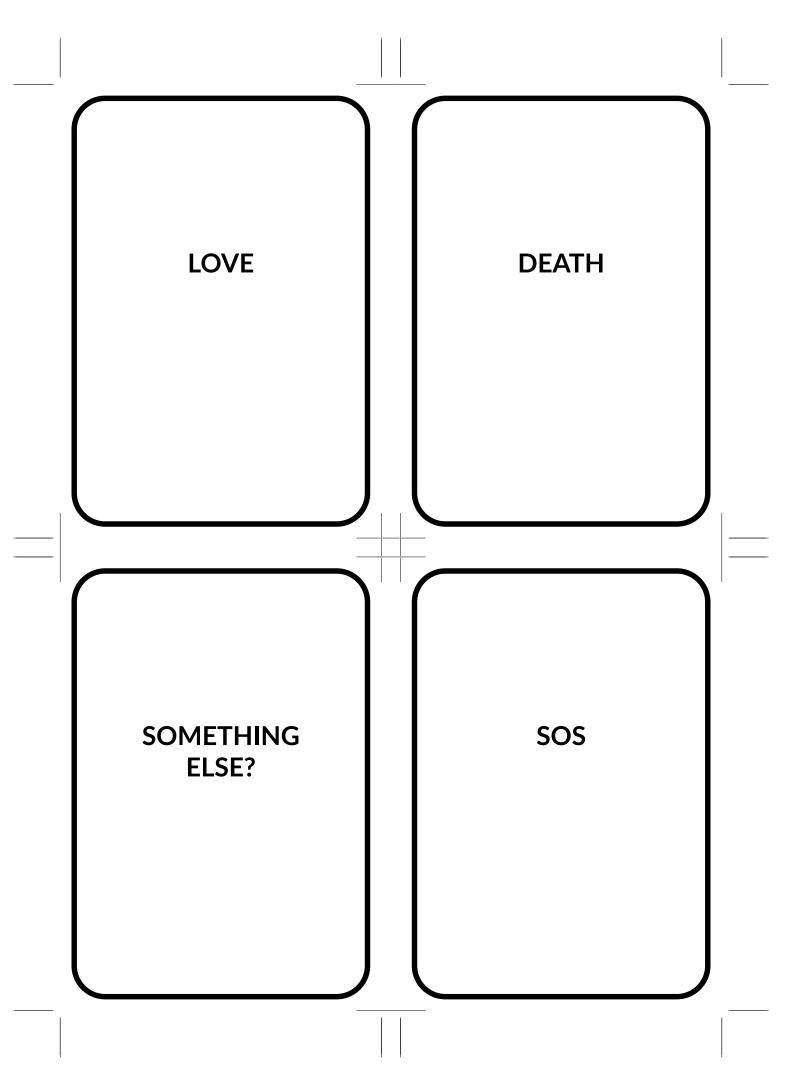














## PHENOMENON CARDS

