



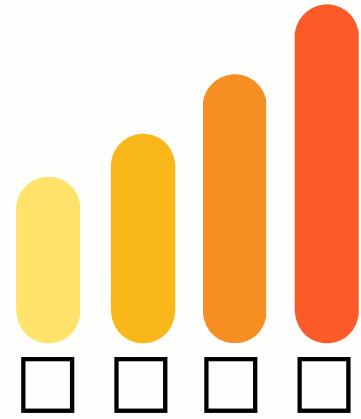
A quel point cela me pose problème dans ma vie

Les bénéfices à changer cette situation

Les situations que j'aimerais changer

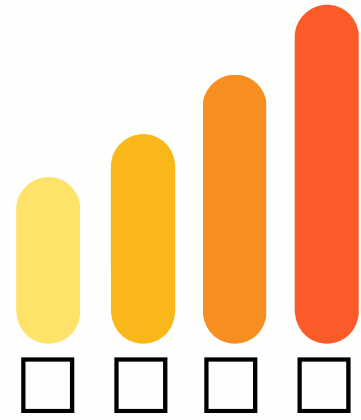
Ce que je mets en place comme stratégies concrètes pour y parvenir

Empty grey rectangular box for writing.



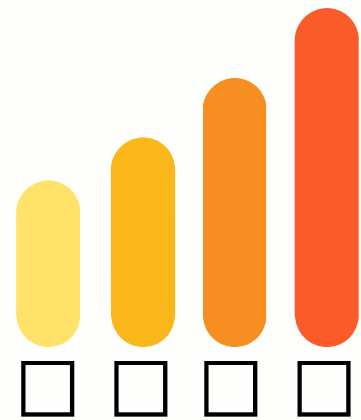
Empty light blue rectangular box for writing.

Empty grey rectangular box for writing.



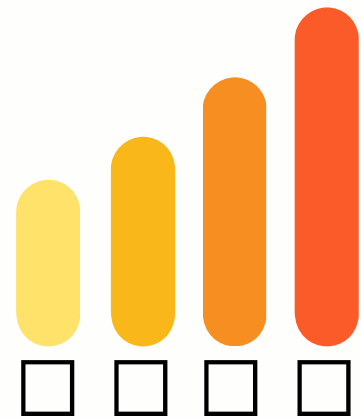
Empty light blue rectangular box for writing.

Empty grey rectangular box for writing.



Empty light blue rectangular box for writing.

Empty grey rectangular box for writing.



Empty light blue rectangular box for writing.

Large empty light beige rectangular box for writing.