

BOXEN STATT MIMIMI®- JOURNAL

4 Fragen, um eine Gewohnheit zu ändern

Tag

Welche Gewohnheit will ich ändern? (Was ist mein Haupt-Wettkampf?)
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Wozu will ich die Gewohnheit ändern? (Wozu steige ich den Ring?)
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Grund #2:
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Grund #3:
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Grund #5:
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Was ist dafür zu tun? (Raus aus Ringecke, rein in den Wettkampf)
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Womit belohne ich mich, wenn ich die Gewohnheit geändert habe?(Womit belohne ich mich, wenn ich den Ring als Sieger verlassen habe?)
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