

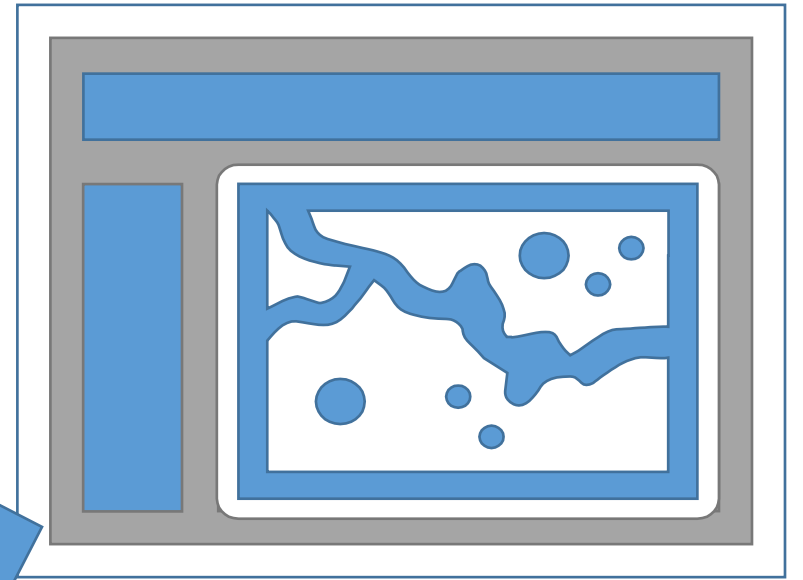
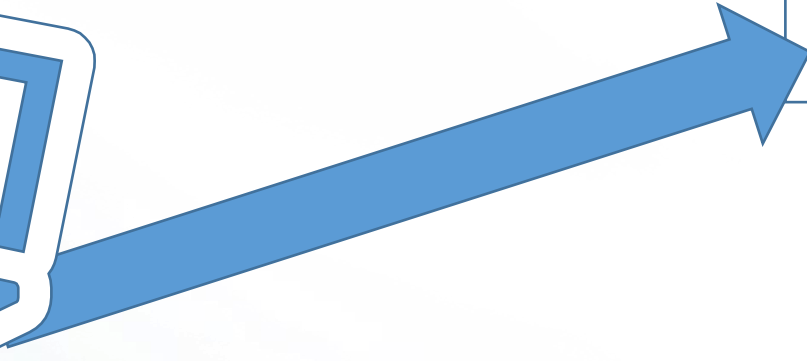
?

**-1-**

**Prioritera rätt**



80/20



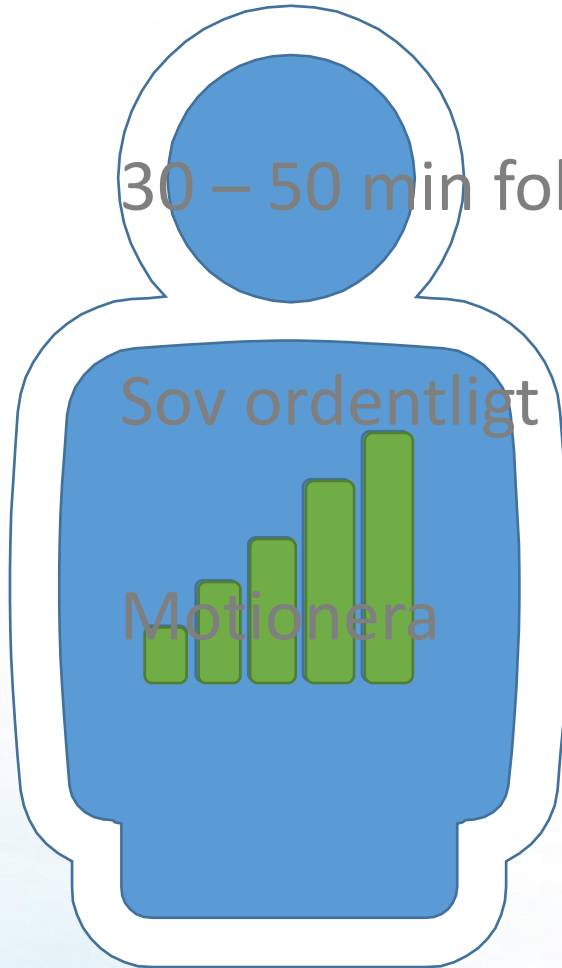
**-2-**

**Hantera din energi**





30 – 50 min fokuserat arbete & 10 min paus



**-3-**

**Bryt dåliga vanor**



**Goda vanor**

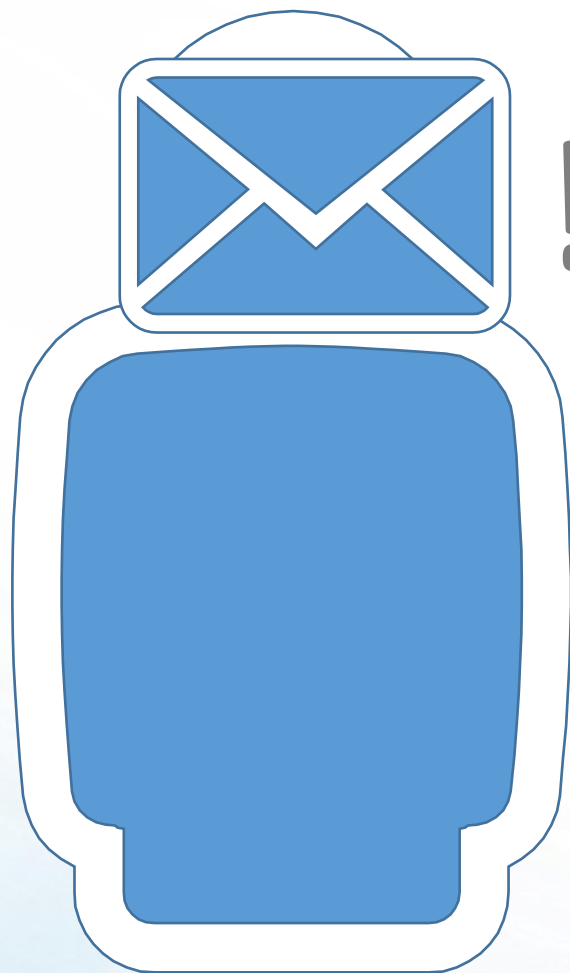
**Dåliga vanor**

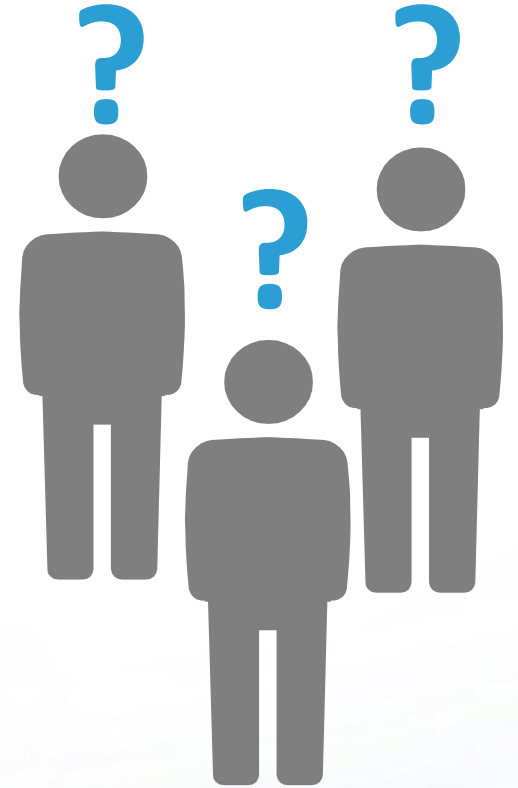
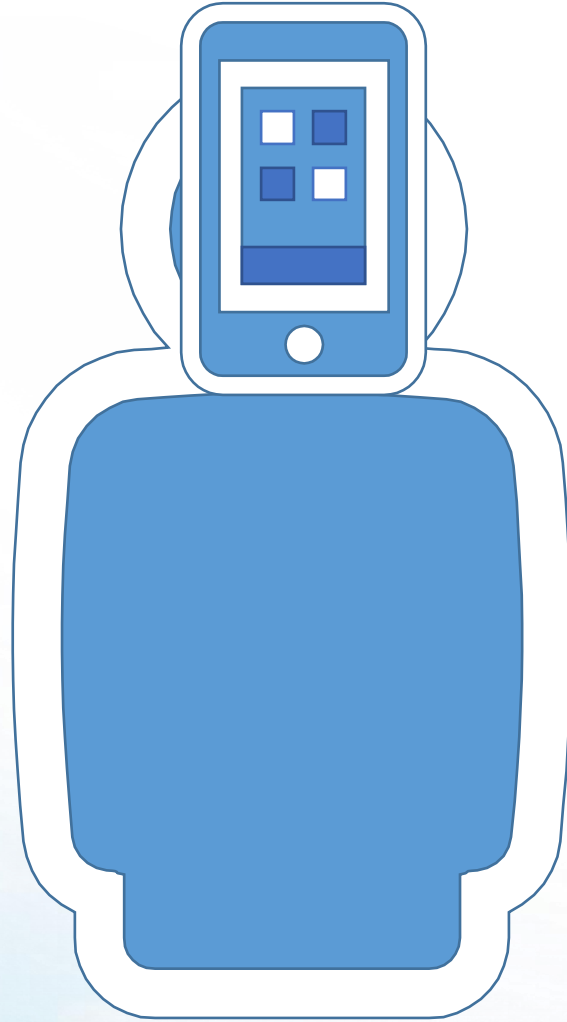
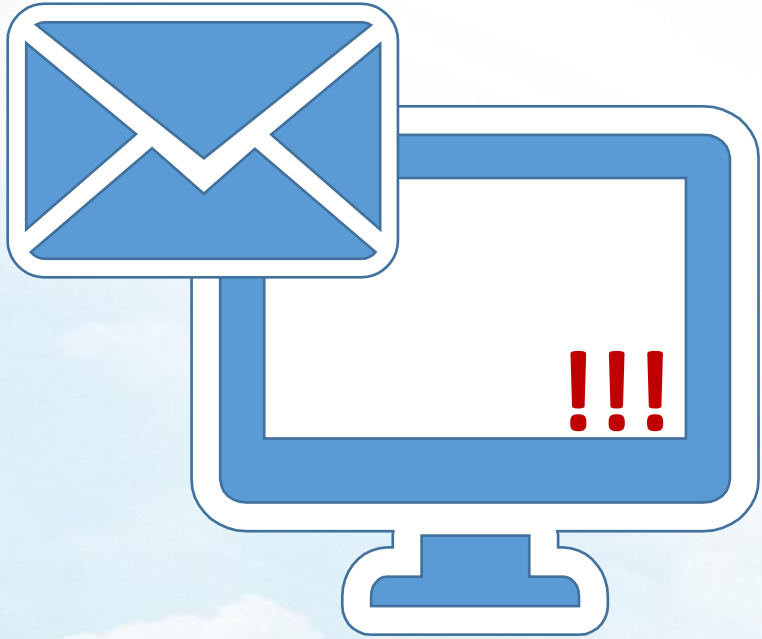
10 minuter



**-4-**

**Koppla bort onödigt brus**

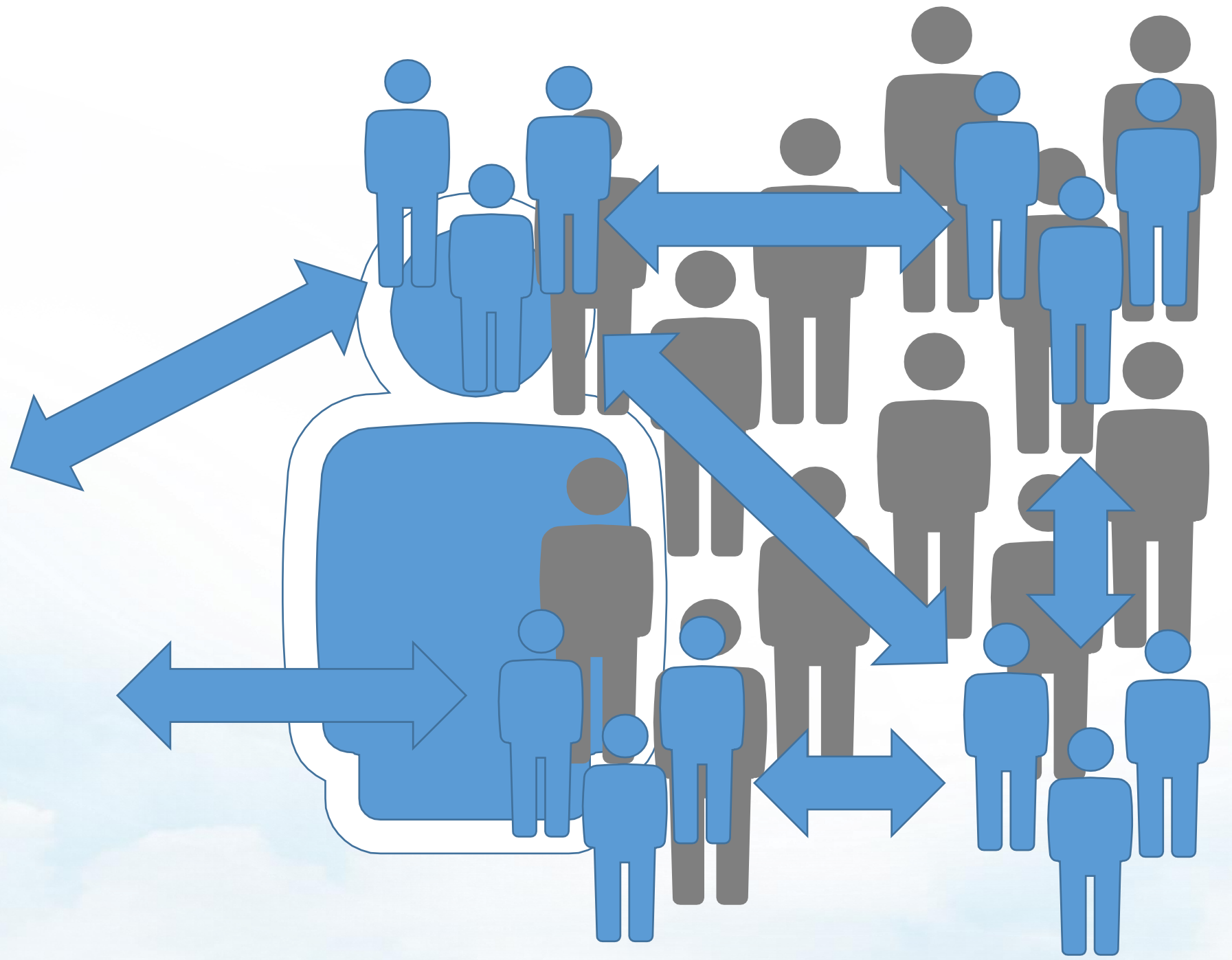


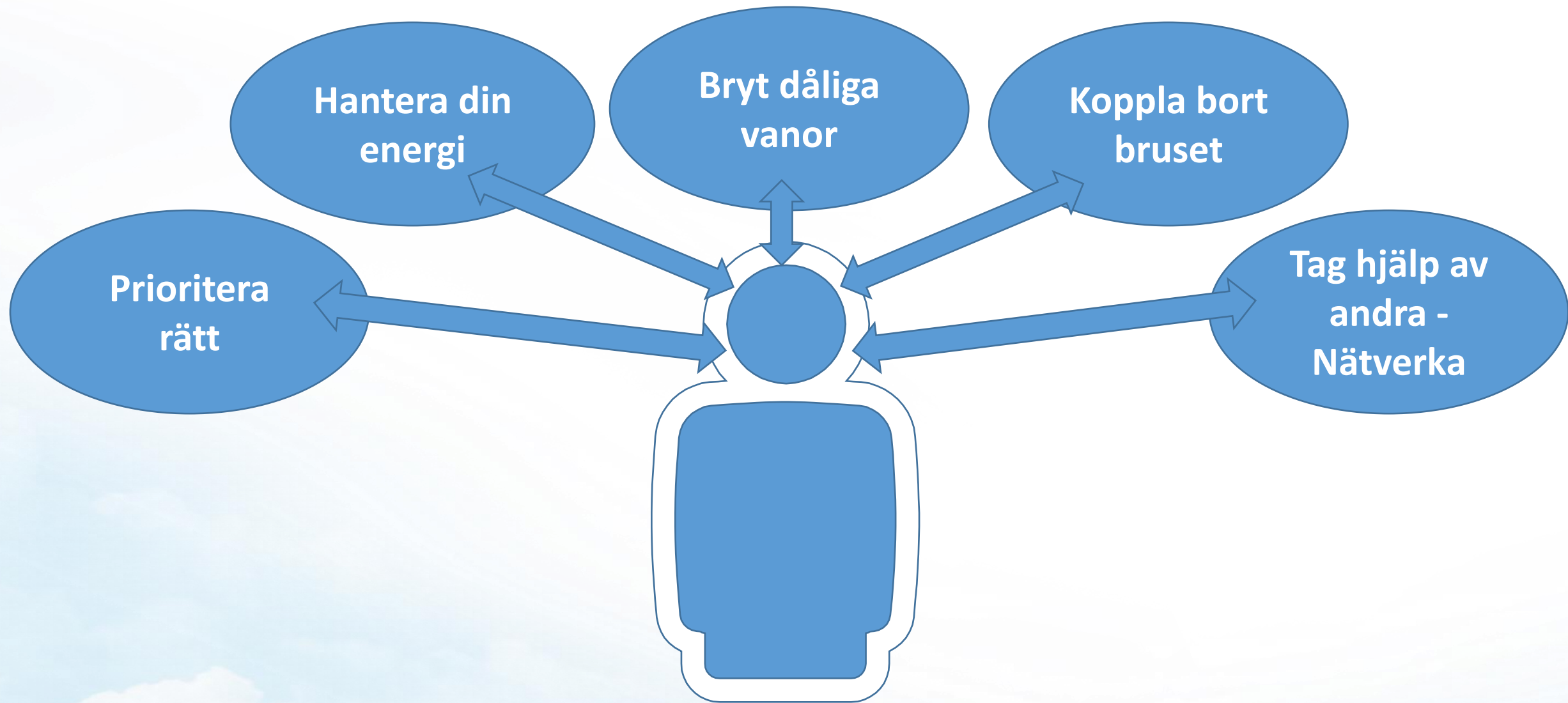


**-5-**

**Tag hjälp av andra - Nätverka**









**esri Sverige**