



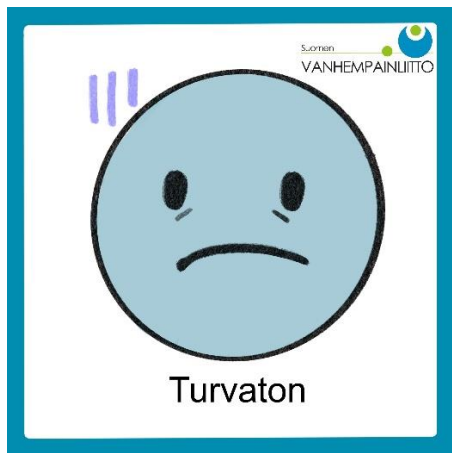
Pystyy



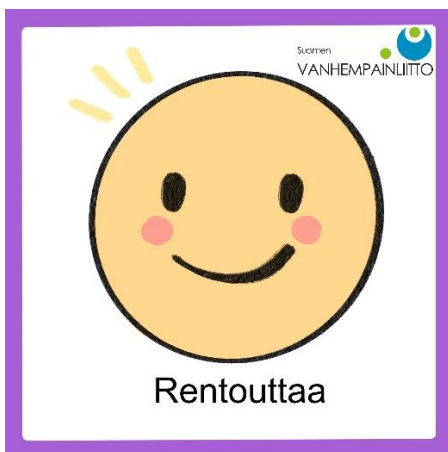
Ei pysty



Turvallinen



Turvaton



Rentouttaa



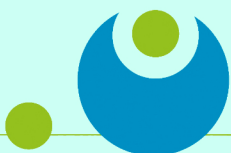
Ahdistaa



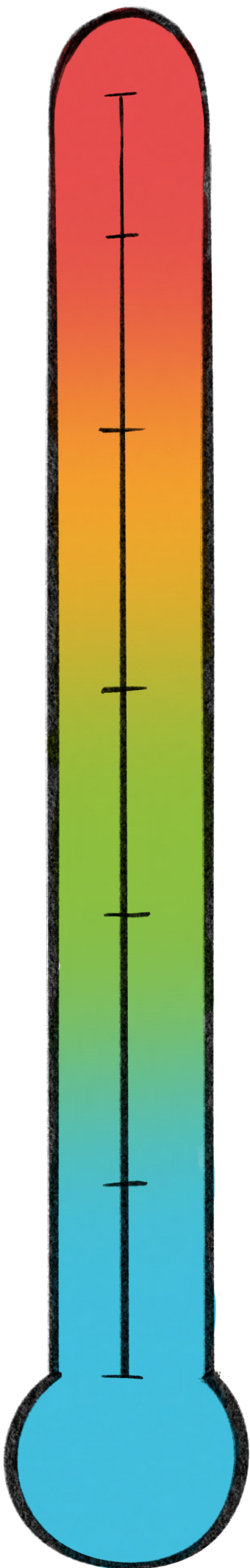




Suomen



VANHEMPAINLIITTO



Ylivireys

Sopiva

Alivireys



Nimi \_\_\_\_\_

Tavoitteeni \_\_\_\_\_

Palkinto \_\_\_\_\_

# TSEMPPIÄ!



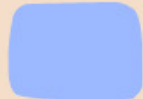
eka viikko

toka viikko

kolmas viikko

neljäs viikko

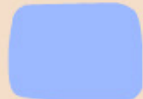
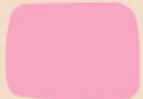
MA →



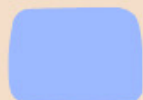
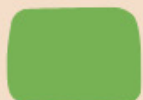
TI →



KE →



TO →



PE →



LA →



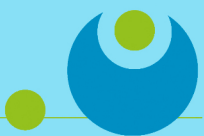
SU →





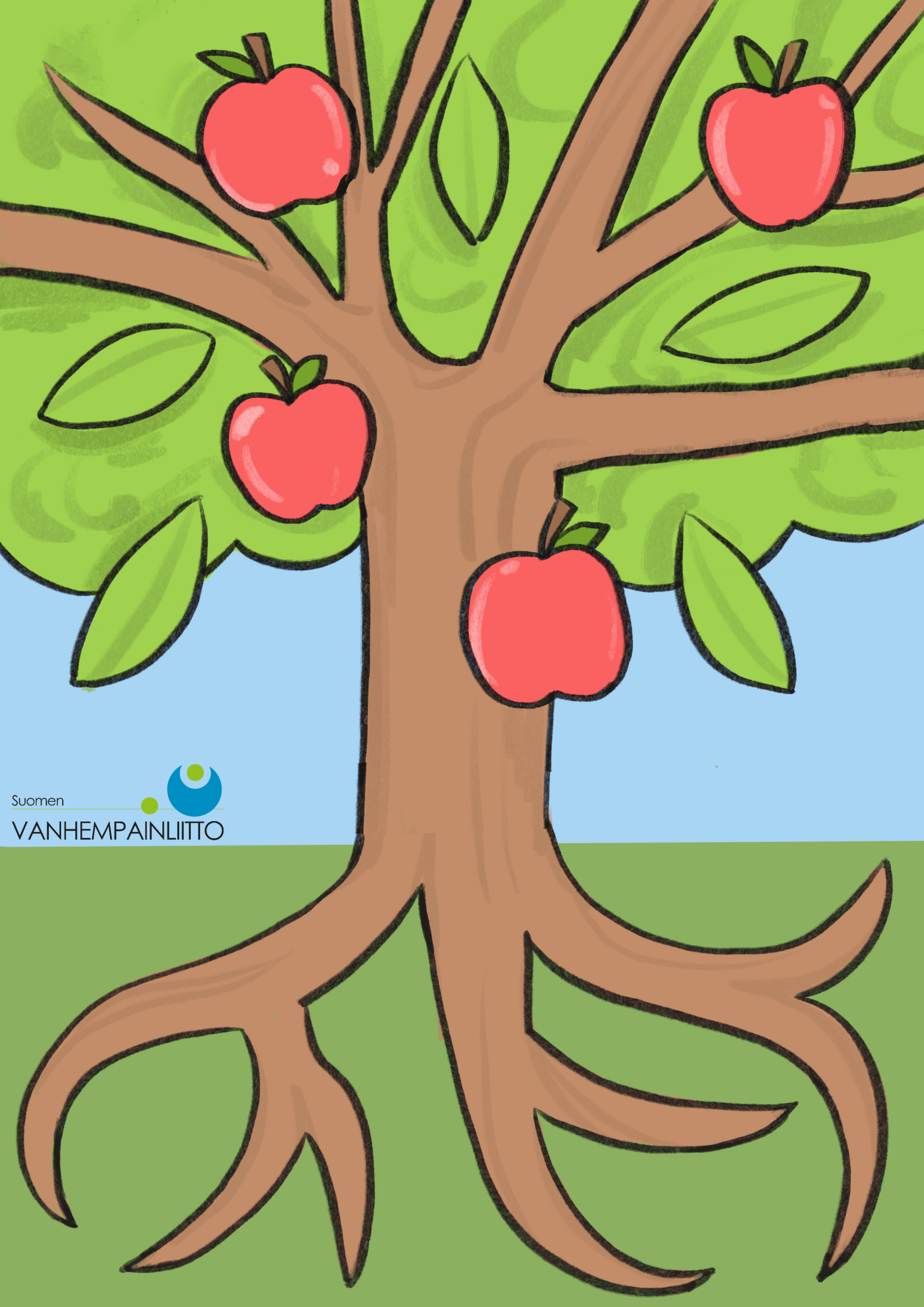
Suomen

VANHEMPAINLIITTO











## Nykytilanne

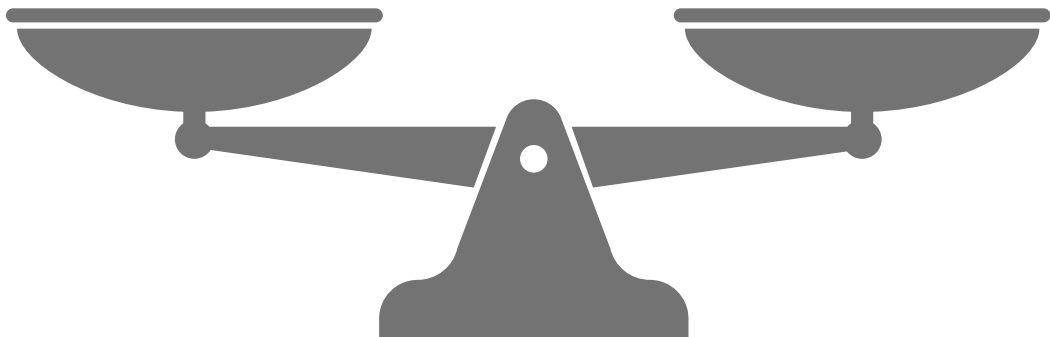
Hyödyt

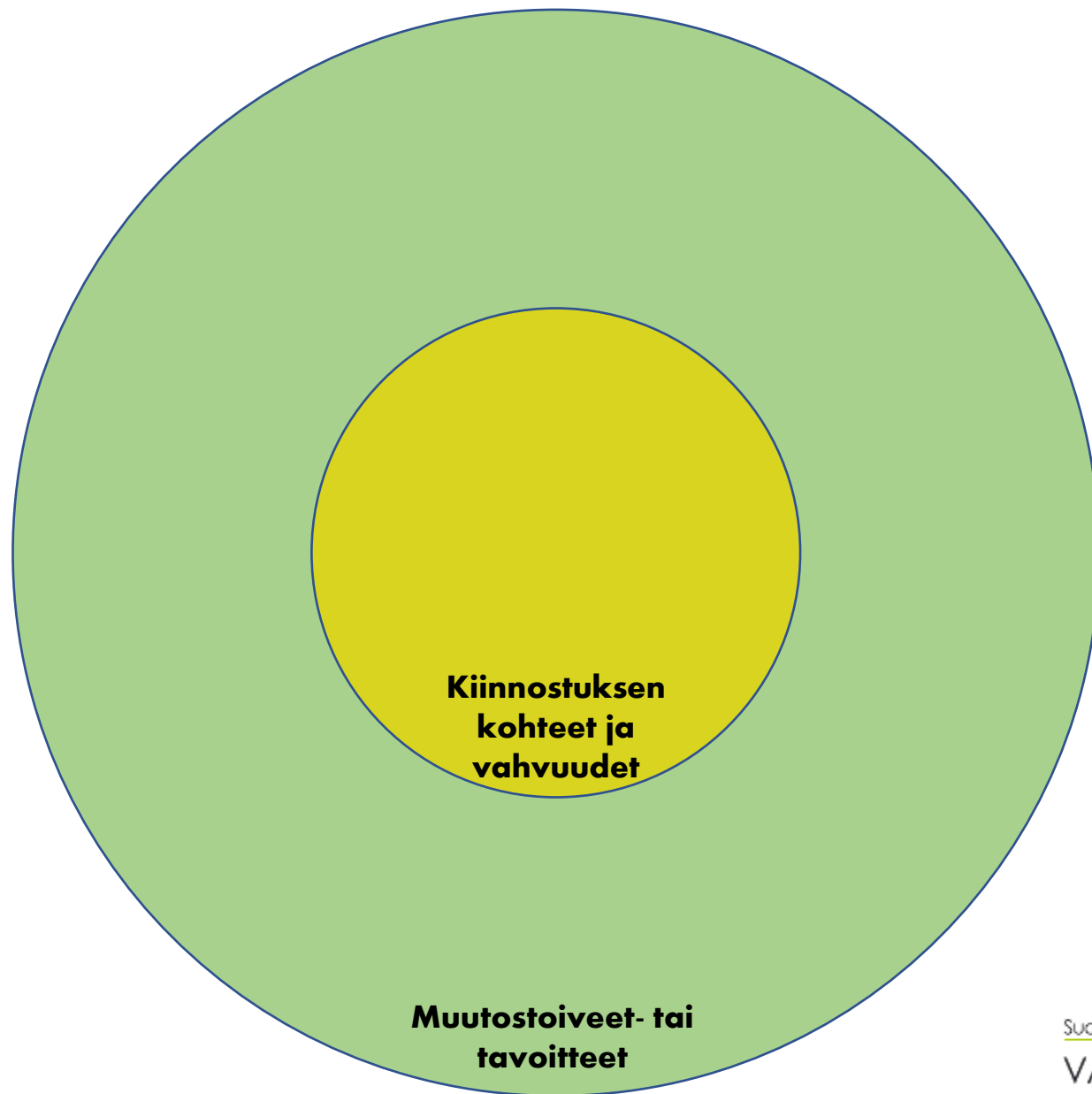
## Toivetilanne

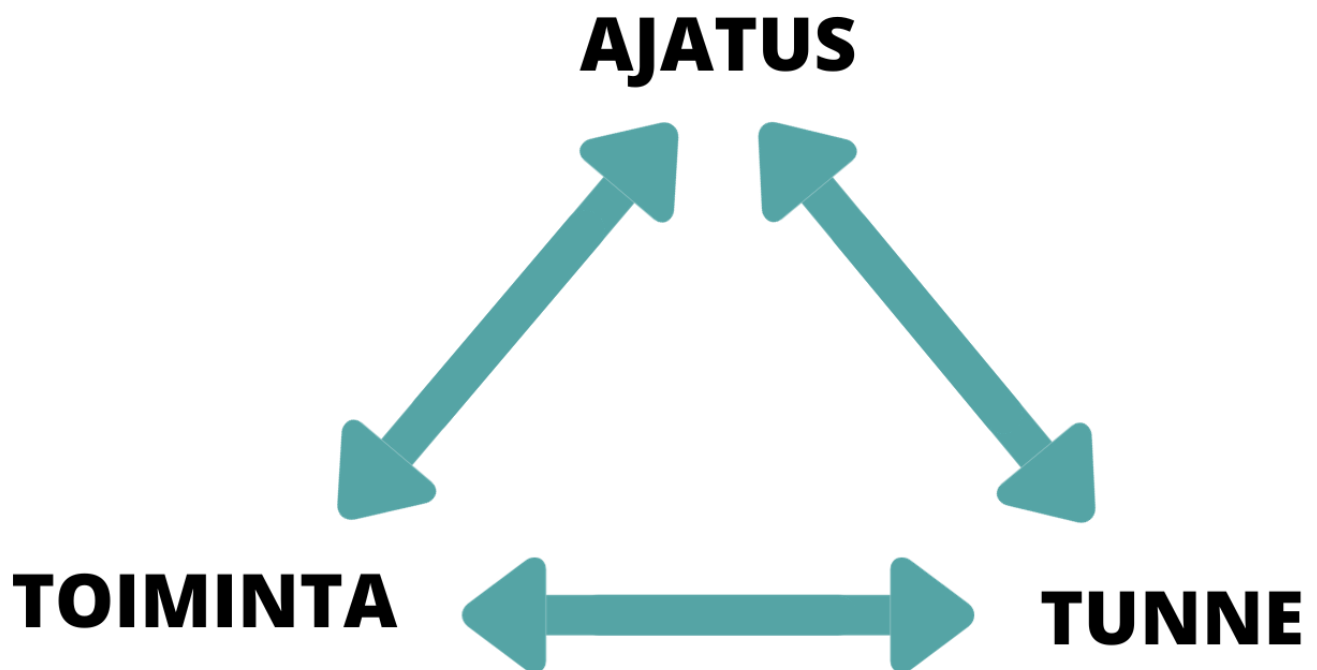
Hyödyt

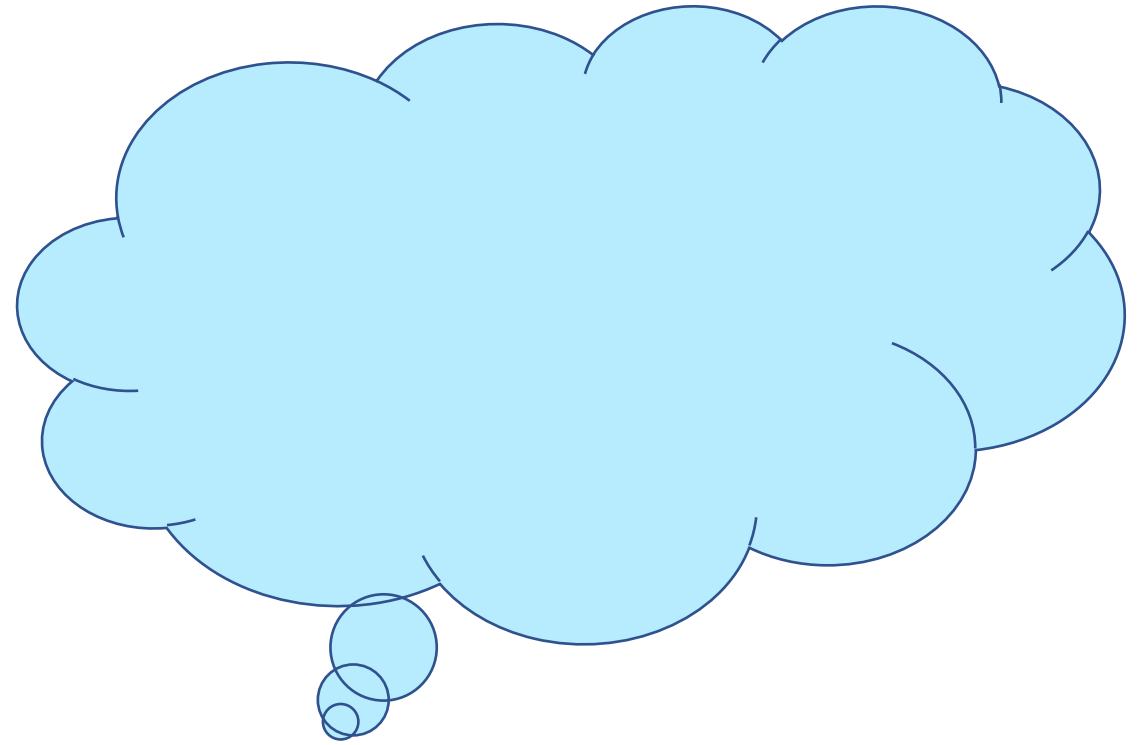
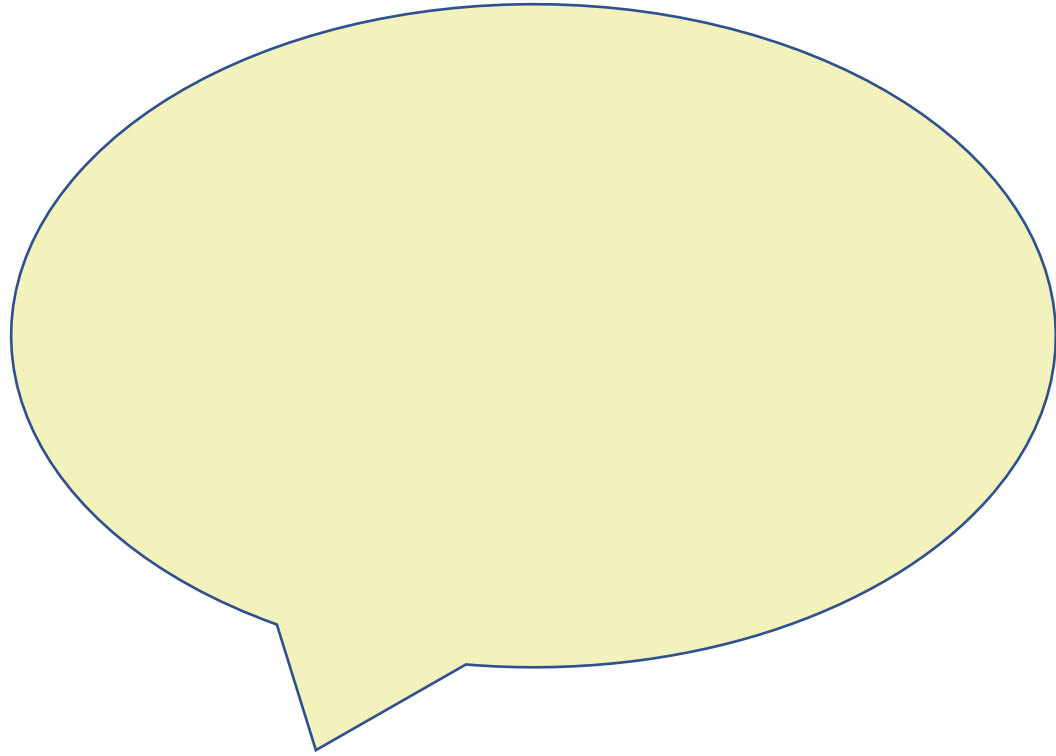
Haitat

Haitat

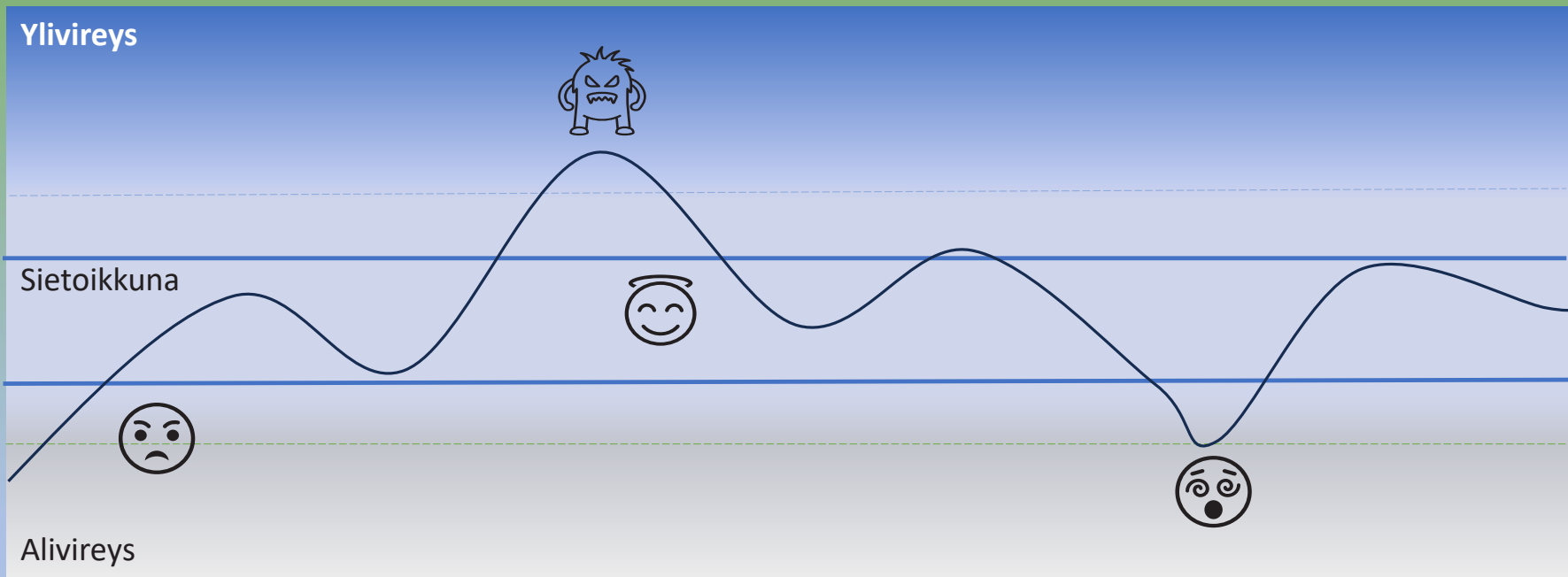








# Sietoikkuna ja vireystila



Sietoikkuna voi olla joskus leveämpi, joskus kapeampi.  
Monen tekijän summa!