**Zeitgestaltung**

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| **Tagesablauf** | **Alternativen** | **in der Woche** | **im Monat** |
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Motivation

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| **Pflichten** | **freie Aktivitäten** | **Wahlpflichten** |
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Ausrichtung

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| **selbstbezogen** | **sachbezogen** | **kommunikativ** |
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