

Övning

Tvärt-om-metoden



Positivt fokus

Large empty rectangular box for positive focus notes.



Idéer utifrån positivt fokus

Lined area for writing ideas derived from positive focus.



Negativt fokus

Large empty rectangular box for negative focus notes.



Idéer utifrån negativt fokus

Lined area for writing ideas derived from negative focus.

