**Lekce 4: Kontrolní seznam úkolů**

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| Úkol/  Datum | Lekce 1. 4  Pozornost v každodenních situacích | Lekce 3. 2  Body scan;  nebo  10 minut na dech | Lekce 4. 2 Práce s emocemi | Lekce 4. 4 Můj zákoník | Lekce 4. 4 Přestaňte si kazit radost |
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