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A pyramid diagram divided into six horizontal sections. Each section contains a label and a horizontal line for writing. The sections are labeled from top to bottom: Tunne, Focus, Hengitys, Liikerata, Ankkurointi, and Alavartalo. The bottom section also includes a label Ylävartalo above the writing line.

Tunne:

Focus:

Hengitys:

Liikerata:

Ankkurointi:

Ylävartalo:

Alavartalo: