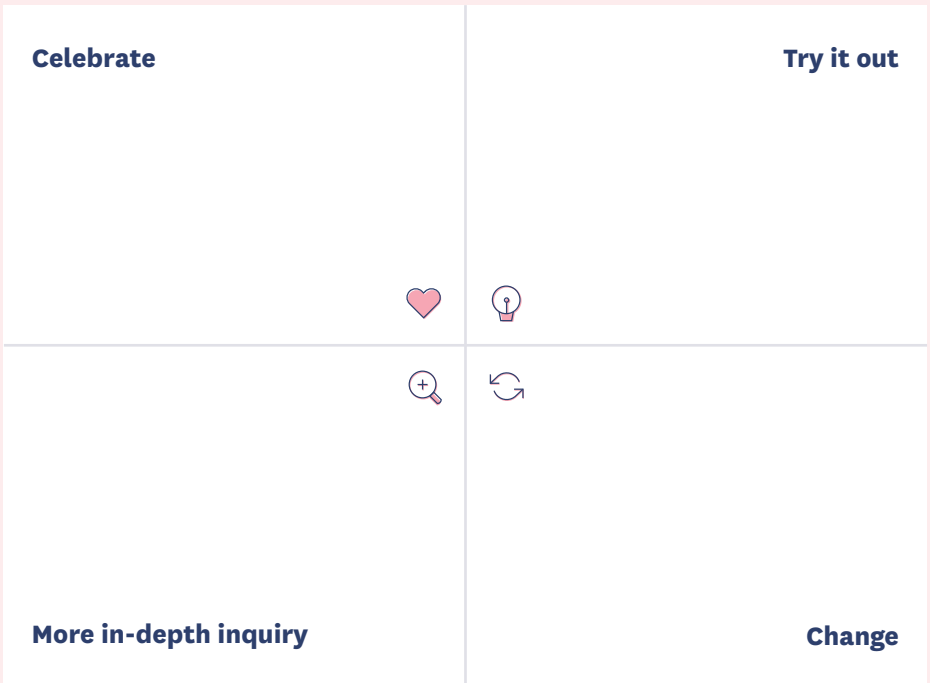


# Myself and the process

Gathering, structuring and understanding knowledge requires a lot of energy. We can make the most of the reflection to round off this phase for ourselves at the personal level, too.



Based on my experience at this stage, my advice to colleagues who are planning to do something similar is as follows:

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