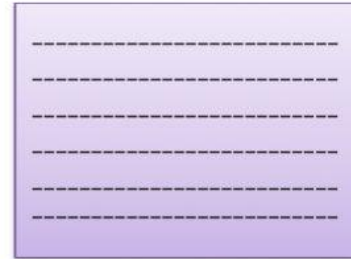
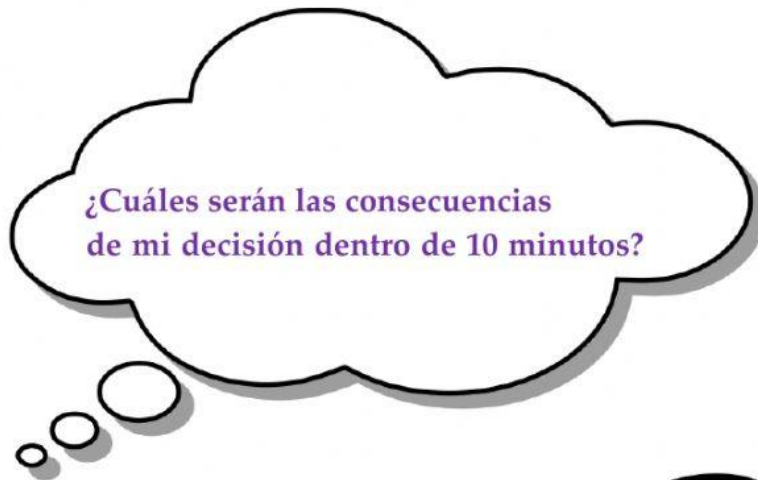
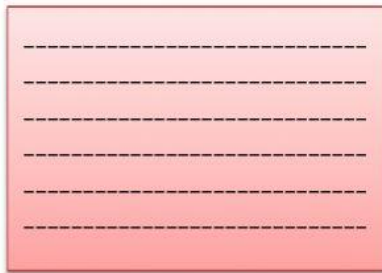
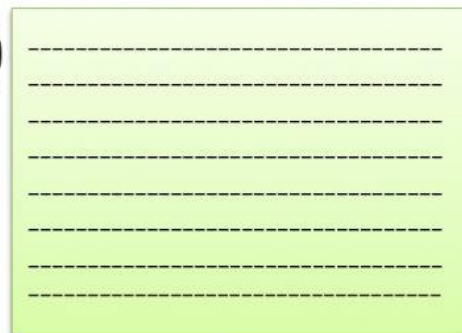


Técnica del 10-10-10

A purple rectangular box with a thin black border and five horizontal dashed lines for writing.A pink rectangular box with a thin black border and five horizontal dashed lines for writing.A light green rectangular box with a thin black border and five horizontal dashed lines for writing.

La técnica del 10 es una estrategia muy eficiente a la hora la toma de decisiones, ya que nos permite por medio de 3 preguntas visualizar y centrar nuestras prioridades a futuro.

