CLOUDBERRY

Cloudberry

PLĀNOTĀJI 2023

Izvēlies plānotāju

Kāpēc izvēlēties Cloudberry plānotāju?

- Palīdzēs Tev atrast 25.stundu diennaktī
- Motivē sasniegt mērķus
- Divpusējs mērķu plānotājs
- Meditācijas
- Unikāls dizains
- Vegāniem draudzīgs materiāls
- Iespēja personalizēt

Kam?

- Strādīgām personām
- Mērķtiecīgām personām

Palīdzēs Tev būt:

- Motivētam
- Izlēmīgam
- Punktuālam
- Entuziastam
- Apņēmīgam
- Uzticamam

Kā ar iekšlapu atvērumu?

Nedēļas plānotājs

*Pieejams latviešu un angļu valodā

Dienas plānotājs

*Pieejams angļu valodā

Sieviešķīgs

Māksliniecisks

Skaista krāsu izvēle

Nedēļas plānotājs ar pogu

GREEN MOSS

PINK PEARL

OH, HONEY

Nedēļas plānotājs ar pogu (EKSKLUZĪVĀ LĪNIJA)

FALLING IN LOVE

FADED MOON

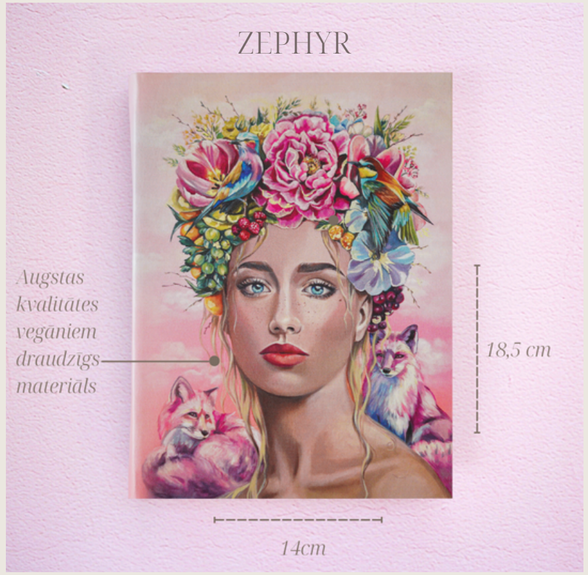
Dienas plānotājs ar pogu

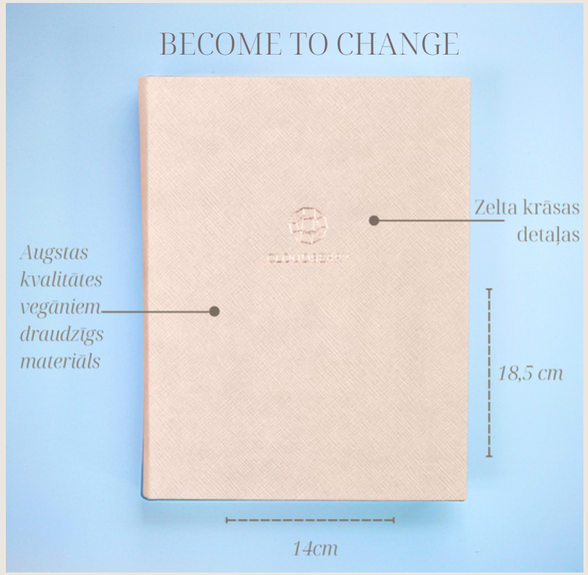
Dienas plānotājs ar pogu (EKSKLUZĪVĀ LĪNIJA)

FALLING IN LOVE

FADED MOON

Mazais nedēļas plānotājs





Plānotāja A puses saturs

MĒNEŠA ATVĒRUMS

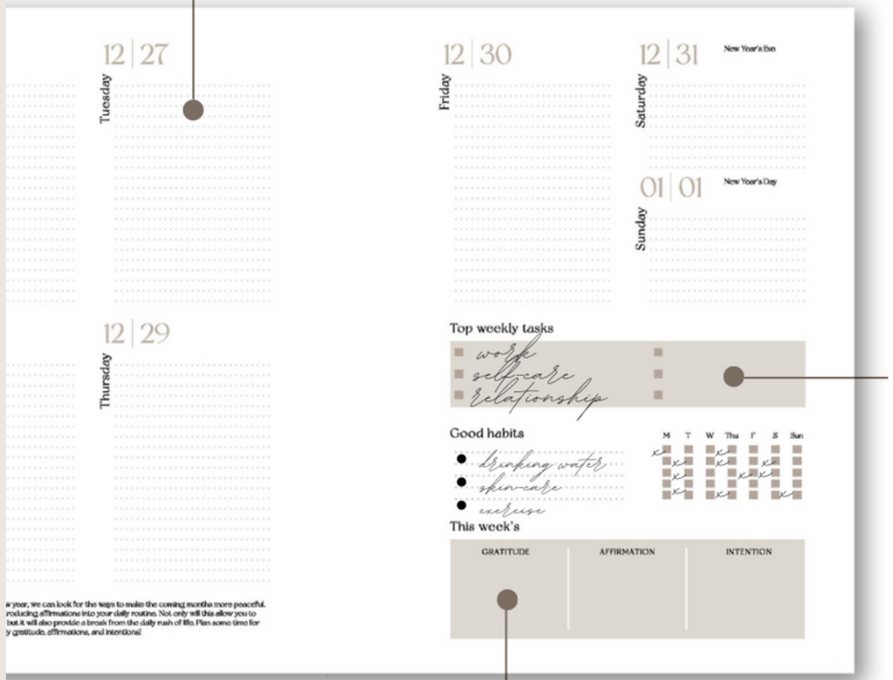
ATZĪMĒ BRĪVDIENAS, DZIMŠANAS DIENAS UN CITUS SVĒTKUS

PIRMS KATRA MĒNEŠA UZRAKSTI SAVUS SVARĪGĀKOS MĒNEŠA MĒRĶUS

UZSTĀDI SAVAS PRIORITĀTES UN RŪPĪGI SEKO TIEM LĪDZI

Plānotāja A puses saturs

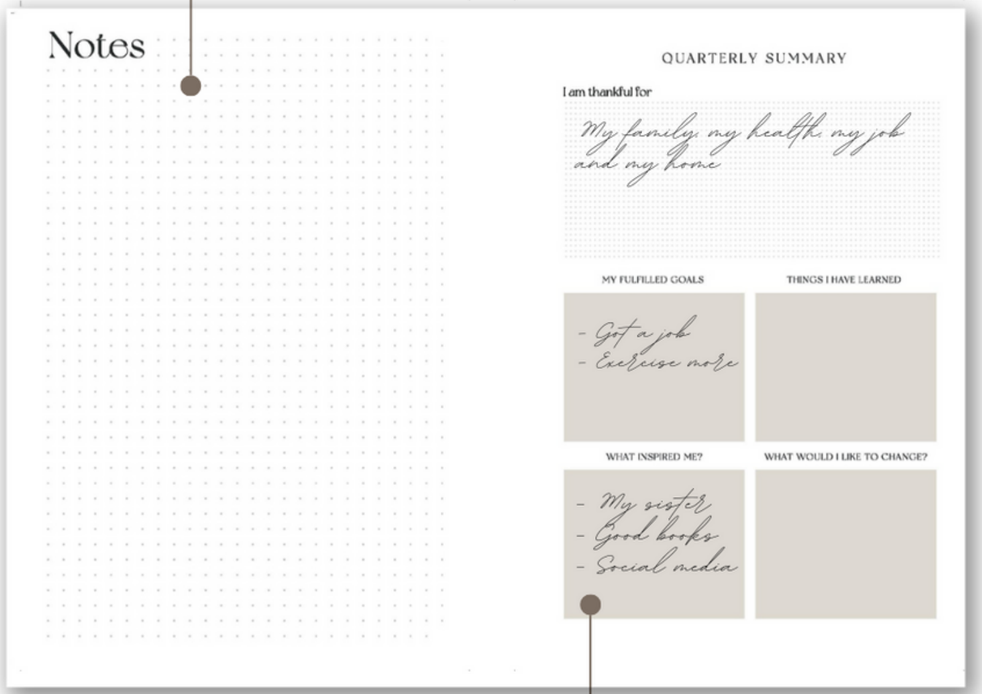
PLĀNO SAVU NEDĒĻU



UZSTĀDI SAVUS NEDĒĻAS UZDEVUMUS

KATRU NEDĒĻU DOMĀ PAR SAVĀM IEKŠĒJĀM SAJŪTĀM UN SEKO SAVIEM IERADUMIEM

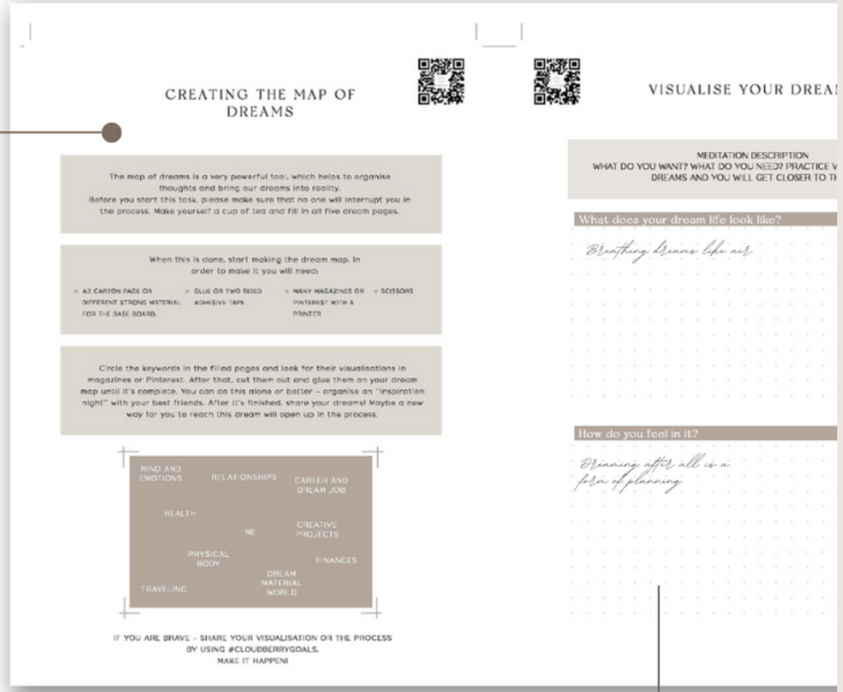
TAVAS SAJŪTAS PAR PĒDĒJO CETURKSNI



PĀRSKATS PAR PĒDĒJO CETURKSNI - SASNIEGUMI, MOTIVĀCIJA, IEDVESMA

Plānotāja B puses saturs

IZVEIDO SAVU SAPŅU KARTI



CREATING THE MAP OF DREAMS

The map of dreams is a very powerful tool, which helps to organise thoughts and bring our dreams into reality.
Before you start this task, please make sure that no one will interrupt you in the process. Make yourself a cup of tea and fill in all five dream pages.

When this is done, start making the dream map. In order to make it you will need:

- A3 CARTON PAGE OR DIFFERENT STRONG MATERIAL FOR THE BASE BOARD.
- GLUE OR TWO SIDED ADHESIVE TAPE
- MANY MAGAZINES OR PINTEREST WITH A PRINTER
- SCISSORS

Circle the keywords in the filled pages and look for their visualisations in magazines or Pinterest. After that, cut them out and glue them on your dream map until it's complete. You can do this alone or better – organise an "inspiration night" with your best friends. After it's finished, share your dreams! Maybe a new way for you to reach this dream will open up in the process.

MIND AND EMOTIONS
RELATIONSHIPS
CAREER AND DREAM JOB
HEALTH
ME
CREATIVE PROJECTS
PHYSICAL BODY
FINANCES
TRAVELING
DREAM MATERIAL WORLD

IF YOU ARE BRAVE – SHARE YOUR VISUALISATION OR THE PROCESS BY USING #CLOUDBERRYGOALS.
MAKE IT HAPPEN!

VISUALISE YOUR DREA

MEDITATION DESCRIPTION
WHAT DO YOU WANT? WHAT DO YOU NEED? PRACTICE V
DREAMS AND YOU WILL GET CLOSER TO T

What does your dream life look like?

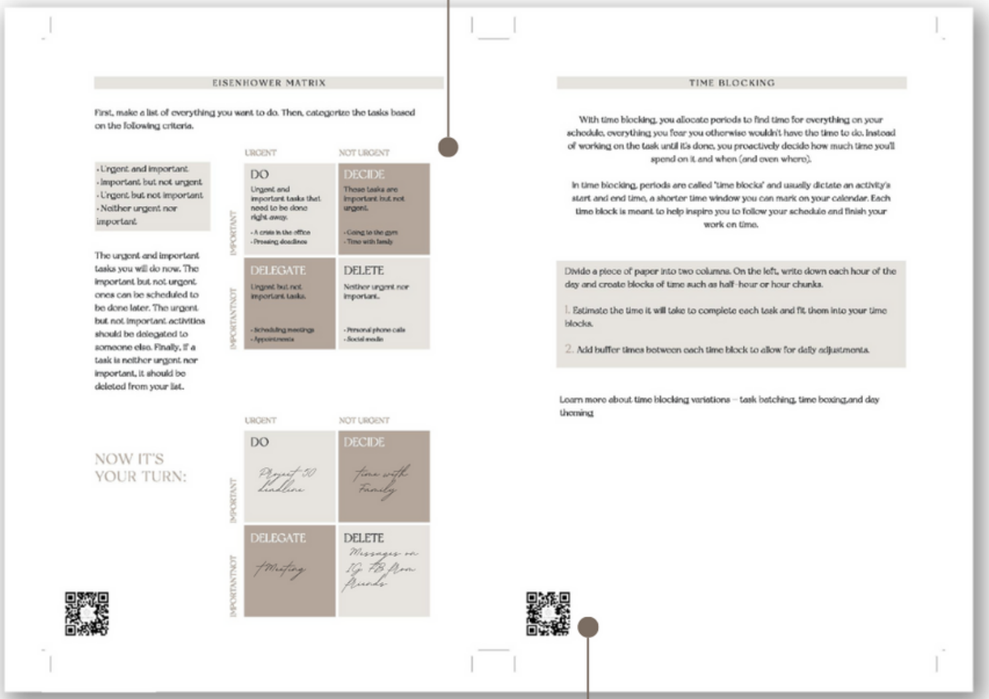
Breathing dreams like air

How do you feel in it?

Dreaming after all is a form of planning

LAI SAPŅI PIEPILDĪTOS, TIE IR JĀAPZINĀS

PAMĀCOŠAS TEHNIKAS



EISENHOWER MATRIX

First, make a list of everything you want to do. Then, categorize the tasks based on the following criteria.

- Urgent and important.
- Important but not urgent.
- Urgent but not important
- Neither urgent nor important.

The urgent and important tasks you will do now. The important but not urgent ones can be scheduled to be done later. The urgent but not important activities should be delegated to someone else. Finally, if a task is neither urgent nor important, it should be deleted from your list.

	URGENT	NOT URGENT
IMPORTANT	DO Urgent and important tasks that need to be done right away. - A crisis in the office - Pressing deadlines	DECIDE These tasks are important but not urgent. - Going to the gym - Time with family
IMPORTANT/NOT	DELEGATE Urgent but not important tasks. - Scheduling meetings - Appointments	DELETE Neither urgent nor important. - Personal phone calls - Social media

NOW IT'S YOUR TURN:

	URGENT	NOT URGENT
IMPORTANT	DO *Project 50 deadline*	DECIDE *Time with family*
IMPORTANT/NOT	DELEGATE *Meeting*	DELETE *Messages on IG, FB, Non friends*

TIME BLOCKING

With time blocking, you allocate periods to find time for everything on your schedule, everything you fear you otherwise wouldn't have the time to do. Instead of working on the task until it's done, you proactively decide how much time you'll spend on it and when (and even where).

In time blocking, periods are called "time blocks" and usually dictate an activity's start and end time, a shorter time window you can mark on your calendar. Each time block is meant to help inspire you to follow your schedule and finish your work on time.

Divide a piece of paper into two columns. On the left, write down each hour of the day and create blocks of time such as half-hour or hour chunks.

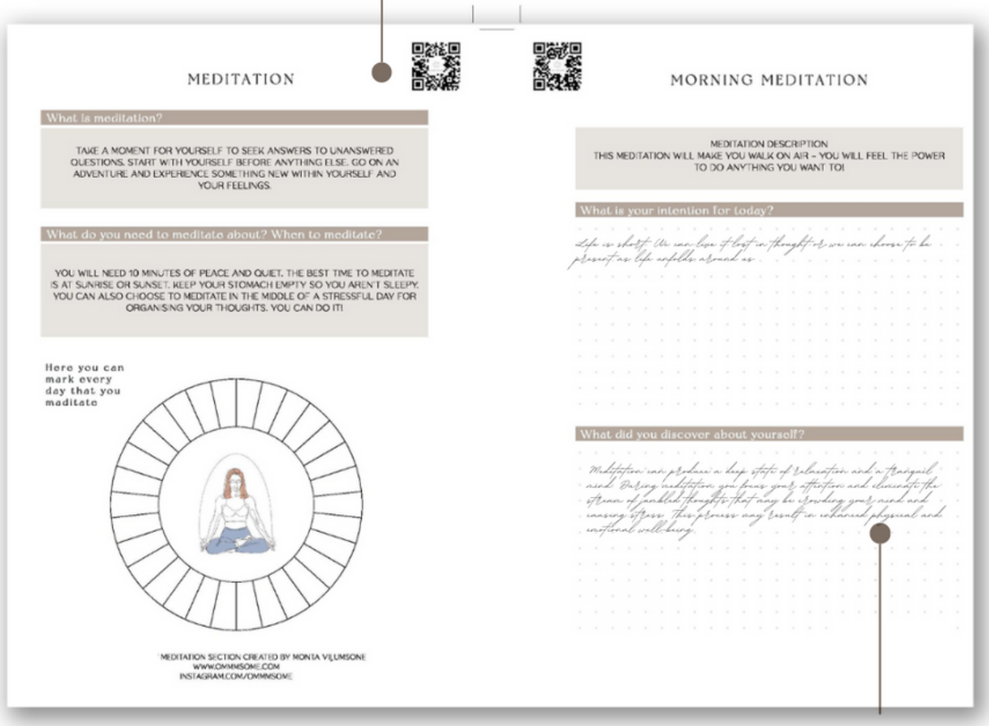
1. Estimate the time it will take to complete each task and fit them into your time blocks.
2. Add buffer times between each time block to allow for daily adjustments.

Learn more about time blocking variations – task batching, time boxing,and day theming

KLAUSIES QR KODUS UN APGŪSTI TEHNIKAS PAR LAIKA PLĀNOŠANU

Plānotāja B puses saturs

PIEEJAMAS 7 DAŽĀDAS MEDITĀCIJAS



MEDITATION

What is meditation?

TAKE A MOMENT FOR YOURSELF TO SEEK ANSWERS TO UNANSWERED QUESTIONS. START WITH YOURSELF BEFORE ANYTHING ELSE. GO ON AN ADVENTURE AND EXPERIENCE SOMETHING NEW WITHIN YOURSELF AND YOUR FEELINGS.

What do you need to meditate about? When to meditate?

YOU WILL NEED 10 MINUTES OF PEACE AND QUIET. THE BEST TIME TO MEDITATE IS AT SUNRISE OR SUNSET. KEEP YOUR STOMACH EMPTY SO YOU AREN'T SLEEPY. YOU CAN ALSO CHOOSE TO MEDITATE IN THE MIDDLE OF A STRESSFUL DAY FOR ORGANISING YOUR THOUGHTS. YOU CAN DO IT!

Here you can mark every day that you maditate

MEDITATION SECTION CREATED BY MONTA VĶLUMSONE
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INSTAGRAM.COM/OMMMSOME

MORNING MEDITATION

MEDITATION DESCRIPTION
THIS MEDITATION WILL MAKE YOU WALK ON AIR - YOU WILL FEEL THE POWER TO DO ANYTHING YOU WANT TO!

What is your intention for today?

Life is short. We are born, live & but in thought & we are chosen to be present in life while abroad as

What did you discover about yourself?

Meditation can produce a deep state of relaxation and a tranquil mind. During meditation you focus your attention and eliminate the stream of unskilled thoughts that may be troubling your mind and causing stress. This process may result in enhanced physical and emotional well-being.

UZRAKSTI SAVAS SAJŪTAS PĒC MEDITĀCIJAS NOKLAUSĪŠANĀS

RITA UN VAKARA LABO IERADUMU KARTE

FOR SUCCESS AND HAPPINESS
GOOD MORNING HABITS

RECOMMENNDATIONS

WAKE UP EARLIER
DON'T HIT THE SNOOZE BUTTON
A GLASS OF WATER WITH LEMON
MEDITATE
DO SOME EXER-CISES
WRITE A MINDFULNESS JOURNAL
COLD SHOWER
HEALTHY BREAKFAST
DON'T USE PHONE OR SOCIAL MEDIA
LISTEN TO MUSIC
RE-READ YOUR TO-DO LIST
GET READY

MY PERFECT MORNING

Wake up before 8:00
A glass of water then coffee
Reading book
Plan of the day
Healthy breakfast
Time with my BF
Shower
I'm always ready

FOR SUCCESS AND HAP
GOOD EVENING HA

RECOMMENDATIONS

NO SCREENS 2H BEFORE BEDTIME
DRINK A GLASS OF WATER
FILL IN MY PLANNER
READ A BOOK
MEDITATE
PREPARE AN OUTFIT FOR THE NEXT DAY
WRITE DOWN WHAT YOU'RE THANKUL FOR
SHOWER - WASH AWAY THE ENERGY OF THE DAY
CALMING MASSAGE OILS

MY PERFE

IZVEIDO SAVU PERFEKTO RUTĪNU

Kā ar iekšlapu atvērumu?

Minimal kolekcija

Nedēļas plānotājs bez datumiem

Minimal dizains

Universāls

Pieejams angļu valodā

Sazinies ar mums

par cenām vai dāvanām, kas pavisam drīz jau būs aktuālas uz Ziemassvētkiem

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