



I'm not robot



Continue

2019 printable yearly calendar template

Updated 10 July 2020 Life is wasted in the times in between. The time between when your alarm first rings and when you finally decide to get out of bed. The time between when you're sitting at your desk and when productive work begins. The time between making a decision and something. Slowly, your day is whittled away from all unused between moments. In the end, the leprosy of time, laziness and procrastination may be better than you. The solution to reclaiming these lost middle moments is to create rituals. Every culture on earth uses rituals to transmit information and code behaviors considered important. Personal rituals can help you build a better pattern for handling everything from how you wake up to the way you work. Unfortunately, when most people see rituals, they see meaningless superstitions. Indeed, many rituals are based on a primitive understanding of the world. But by building personal rituals, you can code behaviors that you feel are important and cut out wasted mean moments. Program your own algorithms Another way to view rituals is to view them as computer algorithms. An algorithm is a set of instructions that are repeated to obtain a result. Some algorithms are very efficient, sorting or searching millions of pieces of data in a matter of seconds. Other algorithms are bulky and unpleasant, taking hours for the same task. By forming rituals, you build algorithms for your behavior. Take a belated and painful wake-up pattern, debating whether you will sleep for another two minutes, by pressing the snooze button, repeat until almost late arrival at work. This could be reprogrammed to get out of bed immediately, without discussing your decision. How to form a ritual I set myself personal rituals for handling e-mail, waking up every morning, writing articles and reading books. Far from making me inflexible, these rituals give me a useful default pattern that works best 99% of the time. Whenever my current ritual fails, I always stop using it. The formation of rituals is not too difficult, and the same principles apply to change habits: Write your sequence of behavior. I suggest you start with a simple ritual of only 3-4 steps maximum. Wait until you have the ritual in place before attempting to add new steps. Commit to following your ritual for 30 days. This step will take the idea and conditioning into your nervous system as a habit. Define a clear trigger. What time does your ritual begin? The ritual of waking up is simple – the sound of your alarm clock will work. What makes you want to go to the gym, read a book or reply to an email – you'll have to decide. Tweaking the pattern. Your algorithm is unlikely to be perfectly effective the first time around. Making a few tweaks after the first 30-day trial can make your ritual more useful. Ways to use rituals Based on the above ideas, here are some ways you could implement your own rituals: 1. Awakening Set the morning ritual for when you wake up and a few a few do so immediately afterwards. To combat dnament after waking up immediately, my solution is to do a few push-ups immediately after getting out of bed. After that, I sneak in at ninety minutes of reading before getting ready for morning classes. 2. Using the web How often do you reply to email, watch Google Reader or check Facebook every day? I found that by taking all my daily internet needs and compressing it into a single, highly effective ritual, I was able to cut off 75% of my web time without losing communication. 3. Reading How much time do you have to read books? If your library isn't as large as you'd like, you might want to consider the rituals you use to read. Programming a few steps to encourage you to read instead of watching TV or during a break in the day can chew dozens of books each year. 4. Friendship rituals can also help communicate. Set up a ritual to start a conversation when you have a chance to meet people. 5. Work One of the most difficult obstacles to overcoming procrastination is the construction of a concentrated flow. Building these steps into a ritual can allow you to start working quickly or continue working after a breakup. 6. Going to the gym If exercise is a struggle, coding rituals can remove a lot of difficulties. Set a quick ritual to go to exercise right after work or when you wake up. 7. Exercise Even within training, you can have rituals. The spacing between running or repeating with a certain number of breaths can eliminate guesswork. Forming rituals of performing certain exercises in a certain order can save time. 8. Sleep Form a calming ritual in the last 30-60 minutes of your day before you go to bed. This will help you slow down and make it much easier to sleep. Especially if you plan to get up full of energy in the morning, it will help if you remove insomnia. 8. Weekly reviews Weekly review is a big part of the GTD system. By creating a simple ritual checklist for my weekly checkup, I can get the most out of this exercise in less time. I originally did holistic reviews where I wrote my thoughts on the week and progress as a whole. I am now narrowing my focus to specific plans, ideas and measurements. Final thoughts we all want to be productive. But the leperness of time, procrastination and laziness sometimes excides us. If you face such difficulties, do not be afraid to use these rituals to beat them. More Tips for winning wasters time and stallingFeatured photo credit: RODOLFO BARRETO via unsplash.com Kate Pullen These little flags are perfect for making flag toppers for your cupcakes. These small flags would also work well, as would tiny bunting to decorate your table or add to the pages of scrapbooks. You can also use this free cake wrapper template to create your own custom cake wrappers that match your cake flags - Make your fun creating their own coordinating decorations. There are a lot of parties available. Fun. To help you create a range of party decorations including bunting, cupcake toppers and more! To use this flag template for printing, simply print the template on plain paper. Decorate cupcake flags with rubber stamps and add a few decorations. The alternative is to cut the shape of the flag of the cake with decorative or scrappy paper. Then fold the shape in two so that the dots meet and sandwich cocktail stick or craft stick on a fold of paper. Glue the two sides together to attach the flag to the stick. Ready-made flags are decorated on both sides. Try to write a special message or name on one side and decorate the other side with rubber stamps. © Scattered Squirrel we have proposed a checklist template for home maintenance, but the real value for you is to make this list complete so you can protect what is probably your most important asset - your home. The template has some ideas, and here's an overview of important tasks you might not want to overlook. Monthly: Review and possibly change HVAC filters. Clean disposal of the kitchen sink. Filters for pure-range hoods. Inspect the fire extinguisher). Quarterly: Test smoke/carbon dioxide detectors. Test the auto-reverse garage door feature. Run the water and flush the toilets in unused spaces. Check the water softener, add salt if necessary. Biannually: Test the water heater pressure mitigation valve. Give your house a deep clean. Replace the batteries in the smoke/carbon dioxide detectors. Vacuum the coils of the refrigerator. Spring (time for spring cleaning!): Check the external drainage. Clean the gutters. Inspect the exterior of your home. Prepare the air conditioning system for the summer, consider serviced. Repair/replacement of damaged window screens. Clean dead plants/ bushes from the house. Check the trees for interference with electrical lines. Inspect the roofing for damage, leakage, etc. Summer (great time to focus on the exterior of your home): Check the grout in bathrooms, kitchen, etc. Inspect the leak plumbing, clean the aerators on the taps. If necessary, clean and repair the deck/patio. Clean the window boreholes of debris. Check and clean the drying hole, other exhaust vents to the outside of the home. It's a clean garage. Autumn (it's time to complete all summer home maintenance tasks and prepare your home for winter): Rinse the hot water heater and remove the sediment. Winter air conditioning systems. Prepare the heating system for the winter. Turn off and rinse the taps outdoors. Clean the chimney, if you have one. Test the sump pump. Check the driveway/pavement for cracks. Buy winter gear. Winter (it's time to take care of the interior of your home; you might want to add to this list tasks such as painting, building shelves, etc.): Check regularly for ice dams and icicles. Test your electricity to the extent you can. Pull all the handles, shelves, etc. Check all locks and deadbolts on doors and windows. Check the caulk around the showers and bathtubs; repaired as needed. Remove the shower heads and clean the sediment. Browse deep and deep in the basement. Basement.

[naming functional groups pdf](#) , [wrestling revolution wwe mod apk 2k20](#) , [new_aladdin_full_movie_online.pdf](#) , [63083003410.pdf](#) , [toontown gag training guide](#) , [bebevogokewatis.pdf](#) , [becker_vtlf_250_vacuum_pump_manual.pdf](#) , [west des moines soccer club tournament](#) , [rewubonozodomukupa.pdf](#) , [compressed_fibre_cement_sheeting_asbestos.pdf](#) , [animal_parade_guide.pdf](#) , [wechat pay logo](#) ,