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Free printable monthly calendar template 2019

© 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 handles, knobs, 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. Inspect and deeply clean the basement. Landeul Free printing calendar for 2021 from Landeul is sure to keep you organized this year. This calendar has colorful tabs in green, gray, orange, red, yellow, blue, pink and purple on the top right corner of each page that invites the moon. The gray grid and days of the week also make it look sharp. At the bottom of the calendar each month there is a place to write in monthly goals or to-dos. Each month is printed on page and is all together in one quick and easy download of the PDF. There are portrait and landscape calendars available for download depending on your preferences. Simple monthly calendar for 2021 from Landeul Whether you are or student, you can organize for the school year ahead of you with these special purpose calendars. Print or download a free template from one or more of the sites listed below. If you click on the site, you'll find that most of these sites are updated before the new school year. These blank calendars in several basic formats can be personalized and used in any year. Choose from a variety of calendars aimed at children for your classroom or home. School year calendars, teacher planning calendar and schedule calendar are also offered. There are several calendar styles in Publisher and Word formats for current years. Most are monthly calendars, although some calendars for the year are on one page, and there are even a few photo calendar templates. The school year calendar of 15 months is in large and small sizes for the current school year plus earlier years. Other links on the site go to calendars of different types such as weekly and monthly planners. These Excel templates are automatically updated each calendar year. Formats include a 14-month (July to August), landscape and portraiture, and an annual 12-month and 14-month calendar. The download includes the entire collection in several color schemes, and you can even customize the start month with a permanent calendar template. These year-round and 14-month monthly calendars come in landscape and portrait layouts and several different colors. There are downloadable templates for Excel and PDF calendars that come in Monday-Monday and Sunday formats, some with holidays. The style is more modern and sophisticated, bearing in mind the use of faculties and universities. Also available in downloading the School Calendar collection from the Nexus Calendar, these Excel files create a very basic class schedule template that is great for high school and college students. There are templates divided into 30-minute increments and 15-minute steps. Thank you for telling us! Tell us why! Kate Pullen These little flags are perfect for making flag tops for your cakes. These small flags would also work well, as would try 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 party special by creating your own coordinating decorations. There are plenty of free party printables 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. Paste the two sides together to attach the flag to the stick. Ready-made flags are decorated on both sides. Try typing message or name on one side and decorate the other side with rubber stamps. By Monica Weise Time rules our lives, with appointments and deadlines leading us through our days. Keeping track of time-sensitive tasks on your calendar with a smooth and efficient flow every day. You can budget and your money and your time by creating a monday to Friday print calendar at home. You can use programs that are already in use on your computer to create a working calendar that you can print whenever you need it. Click the Start button in Windows, and then click All Programs and Add-ins. Click Paint (or Paintbrush if you're using a Mac). Click the Line tool on the left side toolbar of the Paint window. To read the labels on the toolbar buttons, hover over the icons on the toolbar. Use the Line tool to create five columns for a printed calendar. You can also use this tool to create writing lines in terms or times. Click the Text tool on the left tool bar. Left click in the box you created in step 2 for Monday. A text box appears, along with a tool where you can change the font. Select a font, font size, and font color. Type Monday. Use the guides on the sides of the text box according to the size and position of the text box. Repeat these steps for Tuesday through Friday. Click File on the menu bar, and then click Print Preview. If you're happy with your calendar, click the Print button at the upper-left of the preview window to print your calendar. If not, click the Close button in the upper-right row of the preview window. Make any changes, and then print. Start a new document in a text processor. In general, you click File, and then click New. Check the Word Processing Help file if you need more instructions. Use the system table function to process text to draw or insert a five-column table. Select or draw as many lines as you'll need to spot meetings in a printed calendar. Click in the far left cell of the table. Use the word processor font function to select a font along with font size and color. Type Monday in the first cell. Click in the next cell and type Tuesday. Continue across the top row until you enter on Wednesday, Thursday and Friday. Click File on the menu bar, and then click Print Preview. If you're happy with your calendar, click the Print button or printer icon, which is usually on the toolbar below the menu bar. If not, click the Close button, which is usually located on the toolbar below the menu bar. Last updated on 17 March 2020 Josh Waitzkin led a full life as a chess master and international martial arts champion, and as of this writing he is not yet 35 years old. The Art of Learning: The Inner Journey to Optimal Performance chronicles his journey from chess prodigy (and theme of the film U for Bobby Fischer) to the Tai Chi Chuan World Championship with important lessons identified and explained through. Marketing expert Seth Godin has and said that three things should be decided as a result of reading the business book; reader will find many lessons in Waitzkin's volume. Waitzkin has a list of principles that appear throughout the book, but it is not always clear exactly what the principles are and how they bind. It doesn't really harm the book's readability, and it's a minor inconvenience at best. There are many lessons for an educator or leader, and as one who teaches college, he was president of the chess club in high school, and who started studying martial arts about two years ago, the book was interesting, instructive and instructive to me. Waitzkin's chess career began among the mahers of New York's Washington Square, and he learned how to concentrate among the noise and distractions it brings. This experience taught him to play chess aggressively, as well as the importance of endurance from the tricky players with whom he communicated. He was discovered in Washington Square by chess teacher Bruce Pandolfini, who became his first coach and developed him from a prodigious talent to one of the best young players in the world. The book presents Waitzkin's life as a study in contrasts: Perhaps that's intentional given Waitzkin's acknowledged fascination with Eastern philosophy. Among the most useful lessons concerns the aggression of park chess players and young prodigies who brought their queens into action early or who set elaborate traps and then pounced on opposing mistakes. These are excellent ways to quickly send weaker players, but it does not build stamina or skill. He compares these approaches with attention to detail that lead to genuine mastery in the long run. According to Waitzkin, the unfortunate reality in chess and martial arts — and perhaps by expanding education — is that people learn many superficial and sometimes impressive tricks and techniques without developing subtle, nuanced mastery of fundamental principles. Tricks and pitfalls can impress (or beat) gullies, but there are limited usefulness against someone who really knows what they're doing. Strategies that rely on fast chess colleagues are likely to falter against players who can deflect offenses and get one in the long middle game. Breaking inferior players with chess colleagues in four moves is superficially satisfying, but it does little to make for a better game. He offers one child as an anecdote who has won many matches against inferior opposition but who has refused to accept real challenges, settling on a long winning streak over apparently inferior players (pp. 36-37). This reminds me of the advice I recently received from a friend: always try to make sure you are the stupidest person in the room so you are always learning. Many of us, however, draw our own value from being large fish in small ponds. Waitzkin's discussions cast chess as an intellectual boxing match, and are particularly appropriate given his discussion of martial arts later in Those familiar with boxing will remember Muhammad Ali's strategy against George Foreman in the 1970s: Foreman was a heavy hitter, but had never been in a long fight before. But he won with his doping rope strategy, patiently absorbing Foreman's punches and waiting for Foreman to exhaust himself. His chess lesson is appropriate (p. 34-36) as he talks about promising young players who have focused more intensely on winning quickly rather than developing their games. Waitzkin builds on these stories and contributes to our understanding of learning in Chapter Two by discussing the entity and incremental approaches to learning. Entity theorists believe that things are innate; so one can play chess or work or be an economist because that's what he was born to do. Therefore, failure is deeply personal. In contrast, incremental theorists view losses as opportunities: step by step, gradually, a beginner can become a master (p. 30). They rise to the occasion when heavy material is shown to them because their approach is oriented towards mastering something over time. Entity theorists fall under pressure. Waitzkin counters his approach, in which he spent a lot of time dealing with end-of-game strategies where both players had very few pieces. In contrast, he said many young students start by learning a wide range of introductory variations. This damaged their games in the long run: (n)every very talented kid expected to win without much resistance. When the game was a fight, they were emotionally unprepared. For some of us, pressure becomes a source of paralysis and errors are the beginning of a downward spiral (p. 60-62). However, as Waitzkin argues, a different approach is needed if we are to reach our full potential. The fatal flaw of shock-and-awe, blitzkrieg approaches chess, martial arts, and ultimately all that must be learned is that everything can be taught rot. Waitzkin derides martial arts practitioners who become form collectors with fancy punches and twirls that have absolutely no martial value (p. 117). You could say the same thing about the problems of sets. This is not to gain foundation — Waitzkin's focus in Tai Chi was to improve certain fundamental principles (p. 117) — but there is a profound difference between technical knowledge and genuine understanding. Knowing the moves is one thing, but knowing how to determine what to do next is quite another. Waitzkin's intense focus on refined fundamentals and processes meant he remained strong in the later round as his opponents recoiled. His approach to martial arts is summed up in this passage (p. 123): I summed up my body mechanics into a powerful state, while most of my opponents had large, elegant and relatively impractical repertoires. The fact is that when there is intense competition, those who succeed have slightly more honed skills than others. It's rarely a mysterious technique that forces us to the top, but deep mastery of what it can do. be a basic set of skills. Depth beats the width of any day of the week, as it opens the channel for the intangible, unconscious, creative components of our hidden potential. This is about much more than the smell of blood in water. In Chapter 14, he speaks of the illusion of the mystical, whereby something is so clearly internalized that almost imperceptibly small movements are as incredibly powerful as embodied in this quote by Wu Yu-hsiaw, writing in the nineteenth century: If the opponent does not move, then I do not move. At the slightest stroke of my opponent, I go first. A learning-oriented view of intelligence means with success the association of efforts through the process of teaching and stimulation (p. 32). In other words, genetics and raw talent can only get you so far before hard work has to pick up the adhesion (p. 37). Another useful lesson concerns the use of adversity (p. 132-33). Waitzkin suggests using problems in one area to adapt and strengthen other areas. I have a personal example that can help. I'll always regret leaving basketball in high school. I remember my sorcerer year — my last year playing — I broke my thumb and, instead of focusing on cardiovascular fitness and other aspects of my game (such as working with my left hand), I waited to recover before going back to work. Waitzkin offers another useful chapter called slowing down time in which he discusses ways to sharpen and take advantage of intuition. He talks about the chunking process, which is separating the problem into progressively larger problems until a complex set of calculations is done with the adhesion, without thinking about it. His technical example from chess is particularly easy in the bisonia on page 143. Chess Grandmaster internalized a lot about parts and scenarios; Grandmaster can process a much larger amount of information with less effort than experts. Mastery is the process of turning the articulate into intuitive. There is much that will be known to people who read books like this, such as the need to pace, set clearly defined goals, the need to relax, techniques to enter the zone and so on. Anecdotes beautifully illustrate his points. During the book, he presents his methodology for entering the zone, another concept that people in performance-based occupations will find useful. He calls it a soft zone (chapter three), and it consists of flexibility, forged and able to adapt to circumstances. Martial artists and devotees of David Allen's Getting Things Done might recognize that this has a mind like water. He compares it to a hard zone, which requires a cooperative world for you to function. Like a dry twig, you are brittle, ready to crack under pressure (p. 54). The soft zone is resilient, like flexible grass that can move and survive hurricane winds (p. 54). The second illustration refers to making sandals if faced putonosa field of thorns (p. 55.). Neither bases success on submissive world or superior force, but on intelligent preparation and cultivated resilience (p. 55). A lot of things will be familiar to creative people here: you're trying to think, but that one song by that one band keeps moving away in your head. Waitzkin's only option was to come to terms with the noise (p. 56). In the language of economics, restrictions are given; We don't choose them. This is explored in more detail in Chapter 16. He talks about top performers, Michael Jordan, Tiger Woods and others who are not obsessed with the latest failure and who know how to relax when they need to (p. NFL quarterback Jim Harbaugh's 179th experience is useful and as he could have let things go more while the defense was on the field, which was sharper in the next drive (p. Waitzkin talks about further things he learned while experimenting in human performance, especially given cardiovascular interval training, which can have a profound impact on your ability to quickly release tension and recover from mental exhaustion (p. 181). This is the last concept—recover from mental exhaustion—that's probably what most academics need help with. There's a lot here about pushing boundaries; however, the right to do so should be earned: as Waitzkin writes, Jackson Pollock could draw like a camera, but instead decided to spray paint in a wild way that pulsed with emotion (p. 85). This is another good lesson for academics, managers and teachers. Waitzken emphasizes a lot of attention to detail when receiving instruction, especially from his tai chi instructor William C. C. Chen. Tai Chi is not about resisting or being forced, but about the ability to blend in with (adever) energy, give in to it and overcome it with softness (p. 103). The book is full of stories about people who did not reach their potential because they did not take advantage of opportunities for improvement or because they refused to adapt to the conditions. This lesson is emphasized in Chapter 17, where he talks about making sandals when faced with a thorny path, such as an underhanded contestant. The book offers several principles by which we can become better teachers, scientists and managers. Celebrating the outcome should be secondary to celebrating the processes that produced these outcomes (p. 45-47). There's also a contrast study that starts on page 185, and it's something I've struggled to learn. Waitzkin points to himself in tournaments that can relax between matches while some of his opponents have been under pressure to analyse their games in between. This leads to extreme mental fatigue; this tendency of competitors to exhaust themselves between rounds of tournaments is surprisingly widespread and highly self-destructive (p. 186). The art of learning has much to teach us regardless of our field. I considered this particularly important given the chosen profession and the decision to martial arts when I started taught. Insights are numerous and applicable, and the fact that Waitzkin used the principles he is now learning to become a world-class competitor in two very demanding competitive companies makes it much easier to read. I recommend this book to anyone in a leadership position or position that requires extensive learning and adaptation. That is, I recommend this book to everyone. More on LearningFeatured photo credit: Jazmin Quaynor via unsplash.com unsplash.com

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