

100 DIENAS

LAIKS, KAD ATBILDES
JĀMEKLĒ SEVĪ



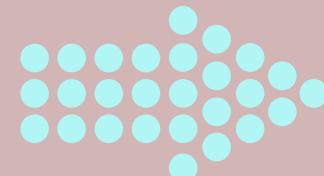
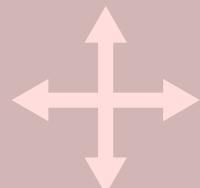
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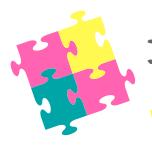


Noteikumi



- 1. Cienīt un mīlēt Sevi
- 2. Būt pateicīgam
- 3. Veltīt laiku Sev
- 4. Lužināt Sevi
- 5. Iziet ārpus komforta zonas
- 6. Biežāk īeikts labus vārdus
- 7. Domāt pozitīvi
- 8. Ieklausīties Sevī
- 9. Izmēģināt jaunas lietas
- 10. Ticēt Sev
- 11. Koncentrēties uz mērķi
- 12. Izmantot katru iespēju
- 13. Būt aktīvam
- 14. Daudz smaidīt
- 15. Dzīvot šeit un tagad





Véstule Sev





...MÉRKIS



KĀPĒC VĒLIES ŠO MÉRKI SASNIEGT?

KO TEV DOS ŠĪ MÉRKĀ SASNIEGŠANA?

KĀ TU JUTĪSIES, KAD MÉRKIS TIKS SASNIEGTS?

KĀDĀ VEIDĀ ŠĪ MÉRKĀ SASNIEGŠANA IETEKMĒS
TAVU DZĪVI?

KO VĒL TU VARĒSI IZDARĪT, KAD MÉRKIS TIKS
SASNIEGTS?



PLĀNS MĒRĶA SASNIEGŠANAI



- 1** **2** **3** **4** **5** **6** **7** **8** **9** **10** **11** **12** **13** **14** **15** **16** **17** **18** **19** **20** **21** **22** **23** **24** **25** **26** **27** **28** **29** **30** **31** **32** **33** **34** **35** **36** **37** **38** **39** **40** **41** **42** **43** **44** **45** **46** **47** **48** **49** **50** **51** **52** **53** **54** **55** **56** **57** **58** **59** **60** **61** **62** **63** **64** **65** **66** **67** **68** **69** **70** **71** **72** **73** **74** **75** **76** **77** **78** **79** **80** **81** **82** **83** **84** **85** **86** **87** **88** **89** **90** **91** **92** **93** **94** **95** **96** **97** **98** **99** **100**



Ikdienas dialogs



Rīta jautājumi - nepieciešami, lai motivētu Sevi, plānotu dienu un ieprogrammētu Sevi produktīvai dienai.

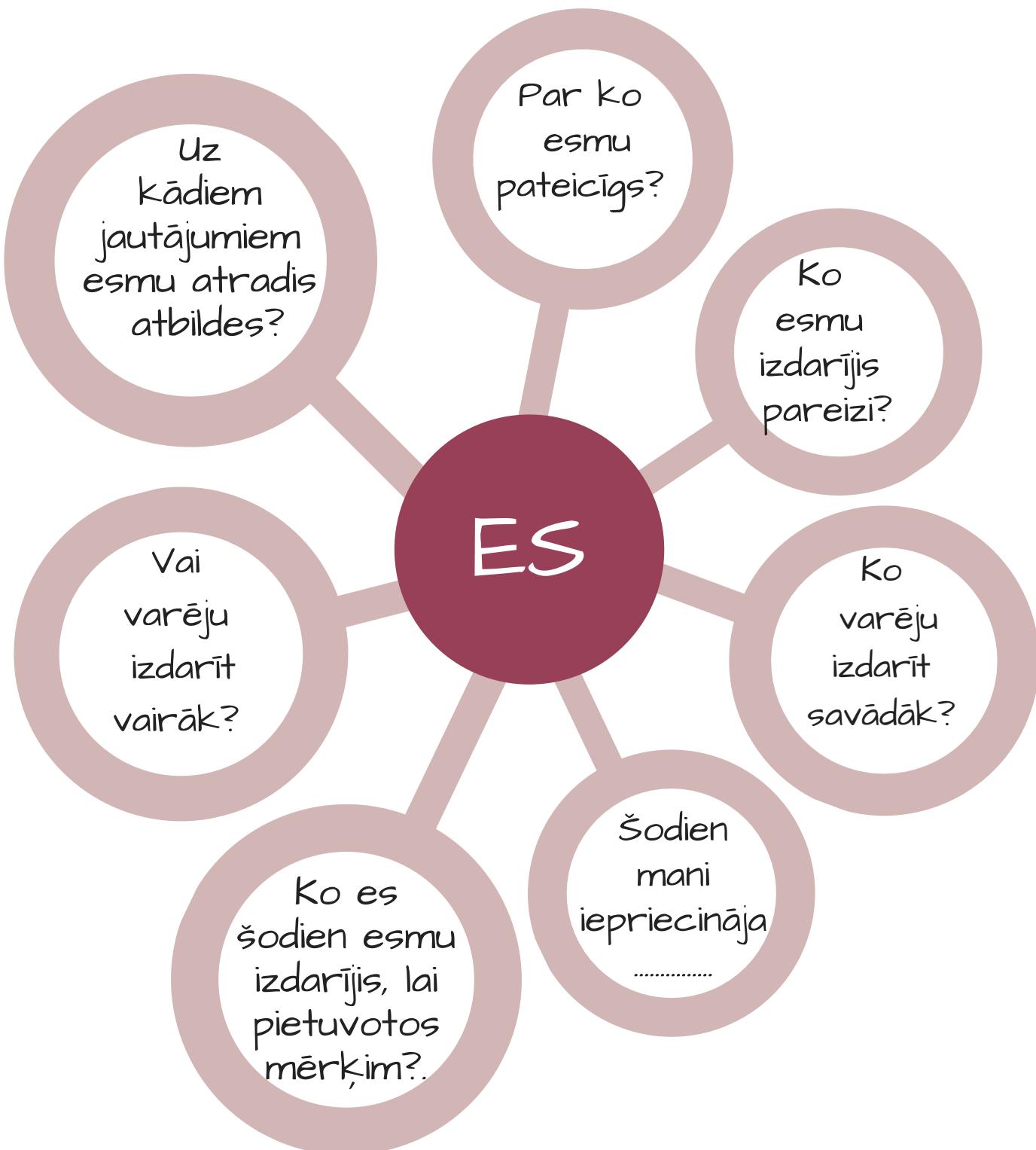


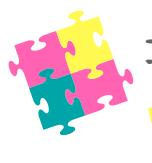


Ikdienas dialogs



Vakara jautājumu mērķis ir palīdzēt pārdomāt dienas notikumus, novērtēt tos un iaut labāk sagatavoties nākamai dienai, lai nodzīvotu to vēl labāk, nekā iepriekšējo.





Mēneša uzdevumi

A decorative horizontal bar with rounded ends, featuring a thin red border and a white center.

A decorative horizontal bar at the bottom of the page, featuring rounded ends on the left and right sides, and a central rectangular frame with a thin red border.

A decorative horizontal bar with rounded ends, featuring a central square element.

A decorative horizontal bar with rounded ends, featuring a thin red border and a light beige or cream-colored interior. A small, solid red square icon is positioned near the right end of the bar.

A decorative horizontal bar with rounded ends, colored in a light beige or cream shade. A small, square icon with a dark border and a white center is positioned near the right end of the bar.

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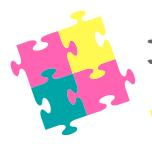
A decorative horizontal bar at the bottom of the page, featuring a light beige background with rounded ends and a thin dark border.

A decorative horizontal bar with rounded ends and a central square cutout.

A decorative horizontal bar at the bottom of the slide, featuring a central white square with rounded corners and a thin red border, set against a dark brown background.

A decorative horizontal bar with rounded ends, featuring a thin red border and a central square element.

A decorative horizontal bar at the bottom of the page, featuring a dark red gradient background with rounded ends and a central white rectangular frame.



Pozitīvo uzdevumu saraksts



wonderful



Dienas plāns

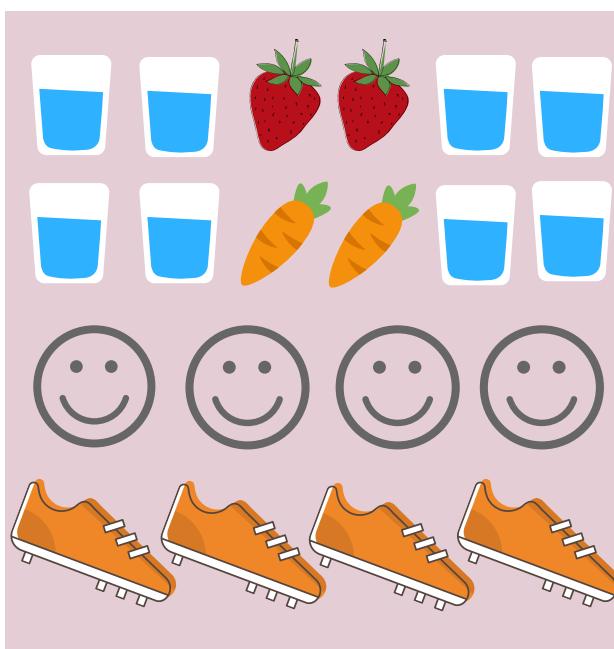
DATUMS

UZDEVUMI

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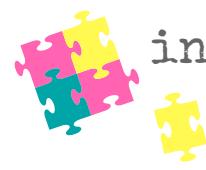
DIENAS MĒRKIS

BROKASTIS



PUSDIENAS

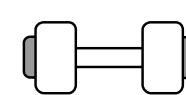
VAKARIŅAS



Fizisko aktivitāšu plāns



MĒNESIS





Ēdienkarte



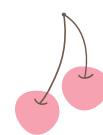
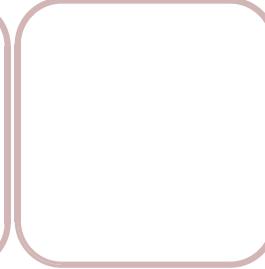
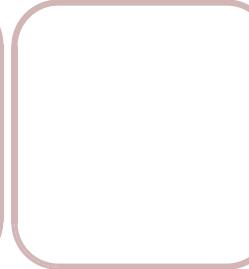
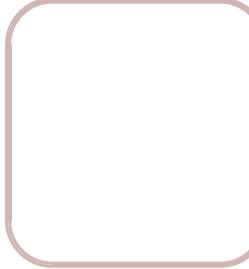
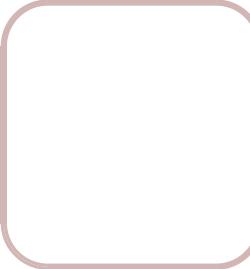
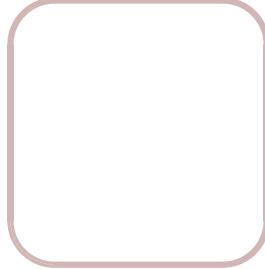
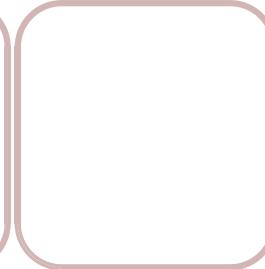
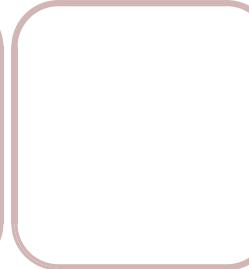
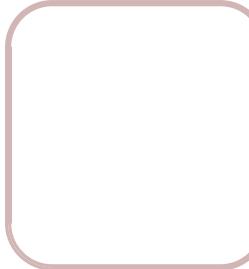
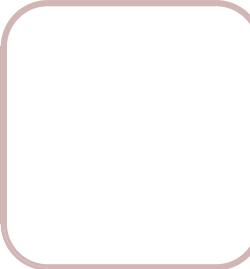
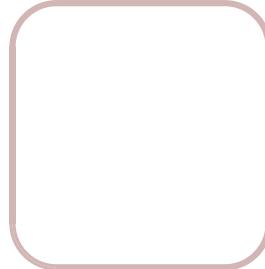
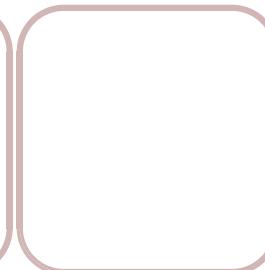
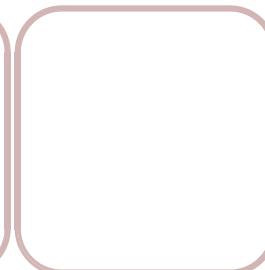
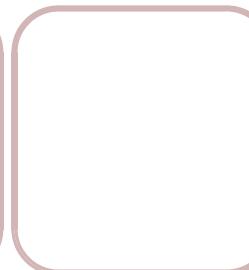
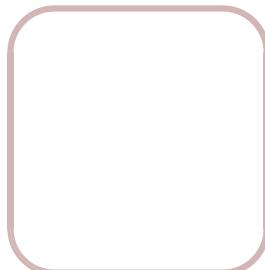
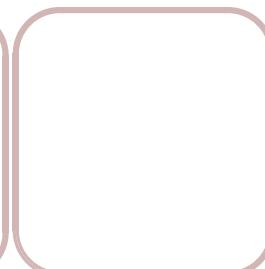
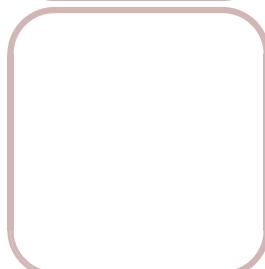
Pirmās
brokastis

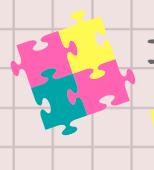
Otrās
brokastis

Pusdienas

Launags

Vakariņas





Piezīmes

