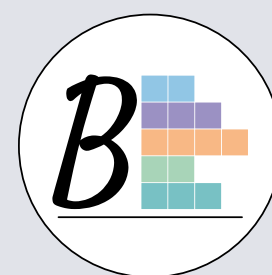
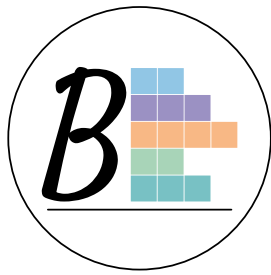


BILDUNGSELEMENTE



# Jahresjournal 2022



## Hinweis zur Benutzung

Das Jahresjournal liegt im PDF-Format vor und verfügt über interne Verlinkungen. Ein Import in eine Notiz-App (bspw. GoodNotes for iOS) ist möglich. Im Falle von GoodNotes bleiben die Links erhalten (im Betrachtungsmodus). Auf <https://bildungselemente.de> stehen weitere Vorlagen zum Einfügen in das Journal verfügbar.

## Verfügbare Ansichten

Das Jahresjournal verfügt über drei integrierte Ansichten:

- Jahresübersicht mit Verlinkungen auf die Kalenderwochen
- Tagesansicht
- Wochenrückblick und Planung

Die Jahresübersicht zeigt alle Tage der Monate, wobei die Wochentage so angeordnet sind, dass die Wochen einheitlich waagrecht dargestellt werden. Samstag und Sonntag sind zur besseren Orientierung farblich abgesetzt. Die Wochen sind mit der jeweils ersten Tagesansicht verlinkt. Der Link befindet sich über dem Datum und Wochentag. In Goodnotes erreicht man diesen Link, indem man lange auf die jeweilige Stelle tippt. Im sich öffnenden Kontextmenü wählt man dann „Link öffnen“.

Die Tagesansicht bietet einen Zeitstrahl, ein Bereich für die wichtigsten Dinge des Tages, eine kurze Reflexion und ein großes Notizfeld.

Der Wochenrückblick leitet zum Review der vergangenen Woche an und erleichtert die Planung der kommenden Woche.

## Navigation

In den Tagesansichten befindet sich jeweils ein Link zurück zur Jahresansicht. So kann schnell auf einen weit entfernten Termin navigiert werden. Auf weitere Navigationsmöglichkeiten verzichtet das Jahresjournal.

## Version

1.0 (13.12.2020)

## Autor

Tobias Weiske

<https://bildungselemente.de>

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## Feedback

Ich freue mich sehr über Feedback zum Jahresjournal 2022.

E-Mail: [journal@bildungselemente.de](mailto:journal@bildungselemente.de)

Twitter: [@tobiasweiske](https://twitter.com/tobiasweiske)

XING: [https://www.xing.com/profile/Tobias\\_Weiske/](https://www.xing.com/profile/Tobias_Weiske/)

Ko-fi: <https://ko-fi.com/bildungselemente>

(Buy me a coffee <3)

# 2022

Januar	Februar	März	April	Mai	Juni
	1 Di	1 Di			
	2 Mi	2 Mi			1 Mi
	3 Do	3 Do			2 Do
	4 Fr	4 Fr	1 Fr		3 Fr
1 Sa	5 Sa	5 Sa	2 Sa		4 Sa
2 So	6 So	6 So	3 So	1 So	5 So
3 Mo	7 Mo	7 Mo	4 Mo	2 Mo	6 Mo
4 Di	8 Di	8 Di	5 Di	3 Di	7 Di
5 Mi	9 Mi	9 Mi	6 Mi	4 Mi	8 Mi
6 Do	10 Do	10 Do	7 Do	5 Do	9 Do
7 Fr	11 Fr	11 Fr	8 Fr	6 Fr	10 Fr
8 Sa	12 Sa	12 Sa	9 Sa	7 Sa	11 Sa
9 So	13 So	13 So	10 So	8 So	12 So
10 Mo	14 Mo	14 Mo	11 Mo	9 Mo	13 Mo
11 Di	15 Di	15 Di	12 Di	10 Di	14 Di
12 Mi	16 Mi	16 Mi	13 Mi	11 Mi	15 Mi
13 Do	17 Do	17 Do	14 Do	12 Do	16 Do
14 Fr	18 Fr	18 Fr	15 Fr	13 Fr	17 Fr
15 Sa	19 Sa	19 Sa	16 Sa	14 Sa	18 Sa
16 So	20 So	20 So	17 So	15 So	19 So
17 Mo	21 Mo	21 Mo	18 Mo	16 Mo	20 Mo
18 Di	22 Di	22 Di	19 Di	17 Di	21 Di
19 Mi	23 Mi	23 Mi	20 Mi	18 Mi	22 Mi
20 Do	24 Do	24 Do	21 Do	19 Do	23 Do
21 Fr	25 Fr	25 Fr	22 Fr	20 Fr	24 Fr
22 Sa	26 Sa	26 Sa	23 Sa	21 Sa	25 Sa
23 So	27 So	27 So	24 So	22 So	26 So
24 Mo	28 Mo	28 Mo	25 Mo	23 Mo	27 Mo
25 Di		29 Di	26 Di	24 Di	28 Di
26 Mi		30 Mi	27 Mi	25 Mi	29 Mi
27 Do		31 Do	28 Do	26 Do	30 Do
28 Fr			29 Fr	27 Fr	
29 Sa			30 Sa	28 Sa	
30 So				29 So	
31 Mo				30 Mo	
				31 Di	
Juli	August	September	Oktober	November	Dezember
	1 Mo				
	2 Di			1 Di	
	3 Mi			2 Mi	
	4 Do	1 Do		3 Do	1 Do
1 Fr	5 Fr	2 Fr		4 Fr	2 Fr
2 Sa	6 Sa	3 Sa	1 Sa	5 Sa	3 Sa
3 So	7 So	4 So	2 So	6 So	4 So
4 Mo	8 Mo	5 Mo	3 Mo	7 Mo	5 Mo
5 Di	9 Di	6 Di	4 Di	8 Di	6 Di
6 Mi	10 Mi	7 Mi	5 Mi	9 Mi	7 Mi
7 Do	11 Do	8 Do	6 Do	10 Do	8 Do
8 Fr	12 Fr	9 Fr	7 Fr	11 Fr	9 Fr
9 Sa	13 Sa	10 Sa	8 Sa	12 Sa	10 Sa
10 So	14 So	11 So	9 So	13 So	11 So
11 Mo	15 Mo	12 Mo	10 Mo	14 Mo	12 Mo
12 Di	16 Di	13 Di	11 Di	15 Di	13 Di
13 Mi	17 Mi	14 Mi	12 Mi	16 Mi	14 Mi
14 Do	18 Do	15 Do	13 Do	17 Do	15 Do
15 Fr	19 Fr	16 Fr	14 Fr	18 Fr	16 Fr
16 Sa	20 Sa	17 Sa	15 Sa	19 Sa	17 Sa
17 So	21 So	18 So	16 So	20 So	18 So
18 Mo	22 Mo	19 Mo	17 Mo	21 Mo	19 Mo
19 Di	23 Di	20 Di	18 Di	22 Di	20 Di
20 Mi	24 Mi	21 Mi	19 Mi	23 Mi	21 Mi
21 Do	25 Do	22 Do	20 Do	24 Do	22 Do
22 Fr	26 Fr	23 Fr	21 Fr	25 Fr	23 Fr
23 Sa	27 Sa	24 Sa	22 Sa	26 Sa	24 Sa
24 So	28 So	25 So	23 So	27 So	25 So
25 Mo	29 Mo	26 Mo	24 Mo	28 Mo	26 Mo
26 Di	30 Di	27 Di	25 Di	29 Di	27 Di
27 Mi	31 Mi	28 Mi	26 Mi	30 Mi	28 Mi
28 Do		29 Do	27 Do		29 Do
29 Fr		30 Fr	28 Fr		30 Fr
30 Sa			29 Sa		31 Sa
31 So			30 So		
			31 Mo		

# Montag, der 27.12.2021

KW52: 27.12.21-2.1.22

Jahresübersicht

Termine	Das Wichtigste
.00	
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.30	
.45	
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.00	Notizen
.15	.
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.15	.
.30	.
.45	.
.00	.
.15	.
.30	.
.45	.
.00	.
.15	.
.30	.
.45	.
.00	Reflexion
.15	
.30	
.45	
.00	









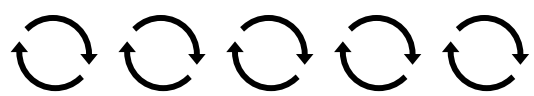




# KW1: 3.-9.1.2022

## Reflexion der Vorwoche

Routinen



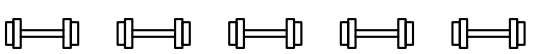
Inspiration



Soziales



Körper



Geist



## Planung

A large grid of dots for planning, consisting of 20 columns and 20 rows.







# Donnerstag, der 6.1.2022

KW1: 3.-9.1.2022

Jahresübersicht

Termine

Das Wichtigste

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Reflexion

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# Samstag, der 8.1.2022

KW1: 3.-9.1.2022  
Jahresübersicht

## Termine

## Das Wichtigste

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## Reflexion

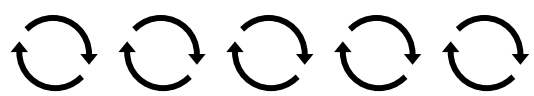
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# KW2: 10.-16.1.2022

## Reflexion der Vorwoche

Routinen



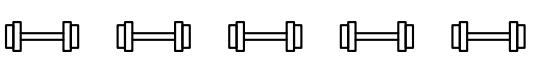
Inspiration



Soziales



Körper



Geist



## Planung

A large grid of dots for planning, consisting of 20 columns and 20 rows.







# Donnerstag, der 13.1.2022

KW2: 10.-16.1.2022

Jahresübersicht

Termine

Das Wichtigste

Vertical timeline for appointments (Termine) with time markers from .00 to .45 in 15-minute intervals.

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.45	

Horizontal lines for 'Das Wichtigste' section.

Notizen

Grid for notes (Notizen).

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Reflexion

Horizontal lines for 'Reflexion' section.

# Freitag, der 14.1.2022

Termine

Das Wichtigste

Vertical axis with time intervals:

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Notizen

Dot grid for notes:

Reflexion

Horizontal lines for reflection:

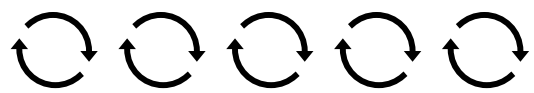




# KW3: 17.-23.1.2022

## Reflexion der Vorwoche

Routinen



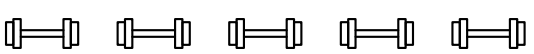
Inspiration



Soziales



Körper



Geist



## Planung

A large grid of dots for planning, consisting of 20 columns and 20 rows.

Termine

Das Wichtigste

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Notizen

Reflexion

# Dienstag, der 18.1.2022

KW3: 17.-23.1.2022

Jahresübersicht

Termine

Time slots for appointments:

- .00
- .15
- .30
- .45
- .00
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- .15
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- .00

Das Wichtigste

Blank lines for important notes.

Notizen

Dot grid area for notes.

Reflexion

Blank lines for reflection.

# Mittwoch, der 19.1.2022

KW3: 17.-23.1.2022

Jahresübersicht

Termine

Das Wichtigste

Vertical timeline with time slots on the left side, labeled from .00 to .45 in 15-minute increments. The slots are grouped into four sections of three hours each, separated by horizontal lines.

Four horizontal lines for writing 'Das Wichtigste'.

Notizen

Large dotted grid area for taking notes.

Reflexion

Four horizontal lines for writing 'Reflexion'.

# Donnerstag, der 20.1.2022

KW3: 17.-23.1.2022

Jahresübersicht

Termine

Das Wichtigste

Time slots for appointments (Termine):

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Notizen

Dot grid for notes (Notizen):

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Reflexion

Reflection lines (Reflexion):

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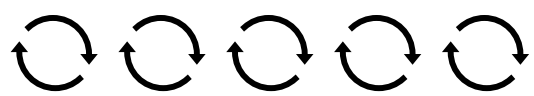




# KW4: 24.-30.1.2022

## Reflexion der Vorwoche

Routinen



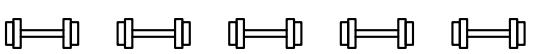
Inspiration



Soziales



Körper



Geist



## Planung

A large grid of dots for planning, consisting of 20 columns and 20 rows.



Termine

Das Wichtigste

Time slot labels on the left side of the page:

.00  
.15  
.30  
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.30  
.45  
.00

Blank lines for 'Das Wichtigste' section.

Notizen

Grid for 'Notizen' section.

Reflexion

Blank lines for 'Reflexion' section.

Termine

Das Wichtigste

.00

.15

.30

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Reflexion

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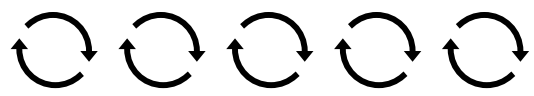




# KW5: 31.1.-6.2.2022

## Reflexion der Vorwoche

Routinen



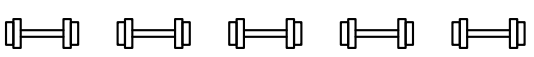
Inspiration



Soziales



Körper



Geist



## Planung

A large grid of dots for planning, consisting of 20 columns and 20 rows.

# Montag, der 31.1.2022

KW5: 31.1.-6.2.2022

Jahresübersicht

Termine

Das Wichtigste

Time slots for 'Termine' (appointments) on the left side of the page:

- 00:00 - 00:15
- 00:15 - 00:30
- 00:30 - 00:45
- 00:45 - 01:00
- 01:00 - 01:15
- 01:15 - 01:30
- 01:30 - 01:45
- 01:45 - 02:00
- 02:00 - 02:15
- 02:15 - 02:30
- 02:30 - 02:45
- 02:45 - 03:00
- 03:00 - 03:15
- 03:15 - 03:30
- 03:30 - 03:45
- 03:45 - 04:00
- 04:00 - 04:15
- 04:15 - 04:30
- 04:30 - 04:45
- 04:45 - 05:00
- 05:00 - 05:15
- 05:15 - 05:30
- 05:30 - 05:45
- 05:45 - 06:00
- 06:00 - 06:15
- 06:15 - 06:30
- 06:30 - 06:45
- 06:45 - 07:00
- 07:00 - 07:15
- 07:15 - 07:30
- 07:30 - 07:45
- 07:45 - 08:00
- 08:00 - 08:15
- 08:15 - 08:30
- 08:30 - 08:45
- 08:45 - 09:00
- 09:00 - 09:15
- 09:15 - 09:30
- 09:30 - 09:45
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- 17:45 - 18:00
- 18:00 - 18:15
- 18:15 - 18:30
- 18:30 - 18:45
- 18:45 - 19:00
- 19:00 - 19:15
- 19:15 - 19:30
- 19:30 - 19:45
- 19:45 - 20:00
- 20:00 - 20:15
- 20:15 - 20:30
- 20:30 - 20:45
- 20:45 - 21:00
- 21:00 - 21:15
- 21:15 - 21:30
- 21:30 - 21:45
- 21:45 - 22:00
- 22:00 - 22:15
- 22:15 - 22:30
- 22:30 - 22:45
- 22:45 - 23:00
- 23:00 - 23:15
- 23:15 - 23:30
- 23:30 - 23:45
- 23:45 - 00:00

Notizen

Dotted grid area for 'Notizen' (notes) on the right side of the page.

Reflexion

Blank lines for 'Reflexion' (reflection) at the bottom right.











## Termine

Time slots for appointments (Termine):

.00

.15

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## Das Wichtigste

Four horizontal lines for writing the most important things (Das Wichtigste).

## Notizen

Dot grid area for notes (Notizen).

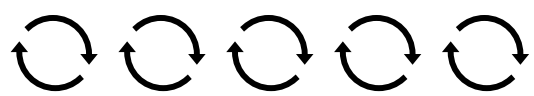
## Reflexion

Three horizontal lines for reflection (Reflexion).

# KW6: 7.-13.2.2022

## Reflexion der Vorwoche

Routinen



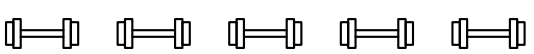
Inspiration



Soziales



Körper



Geist



## Planung

A large grid of dotted lines for planning.





Termine

Das Wichtigste

.00

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Notizen

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Reflexion

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## Termine

## Das Wichtigste

## Notizen

## Reflexion

Termine

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Das Wichtigste

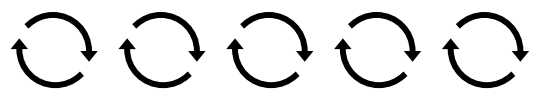
Notizen

Reflexion



## Reflexion der Vorwoche

Routinen



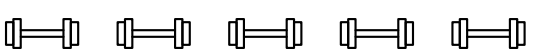
Inspiration



Soziales



Körper



Geist



## Planung

A large grid of dots for planning, consisting of 20 columns and 20 rows.



Termine

Das Wichtigste

Vertical timeline scale from .00 to .45 in 15-second intervals.

Four horizontal lines for notes.

Notizen

Dot grid area for notes.

Reflexion

Four horizontal lines for reflection notes.





Termine

Das Wichtigste

.00

.15

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Notizen

Reflexion



# Sonntag, der 20.2.2022

Termine

Das Wichtigste

Time slots for appointments (Termine):

.00  
.15  
.30  
.45  
.00  
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.00  
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.30  
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.00

Blank lines for 'Das Wichtigste' (The most important).

Notizen

Grid for notes (Notizen) with a dotted pattern.

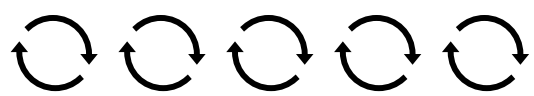
Reflexion

Blank lines for 'Reflexion' (Reflection).

# KW8: 21.-27.2.2022

## Reflexion der Vorwoche

Routinen



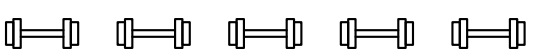
Inspiration



Soziales



Körper



Geist



## Planung

A large grid of dots for planning, consisting of 20 columns and 20 rows.





## Termine

Vertical timeline on the left side of the page with hourly markers from .00 to .00.

## Das Wichtigste

Four horizontal lines for writing the most important events of the day.

## Notizen

Large area with a dot grid pattern for taking notes.

## Reflexion

Three horizontal lines for reflection at the end of the day.





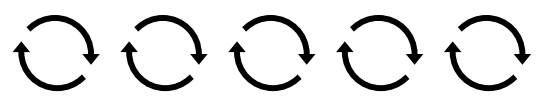




# KW9: 28.2.-6.3.2022

## Reflexion der Vorwoche

Routinen



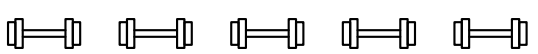
Inspiration



Soziales



Körper



Geist



## Planung

# Montag, der 28.2.2022

KW9: 28.2.-6.3.2022

Jahresübersicht

Termine

Das Wichtigste

Vertical axis labels on the left side of the page:

.00  
.15  
.30  
.45  
.00  
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.15  
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.45  
.00

Notizen

Dotted grid for notes, approximately 28 columns wide and 58 rows high.

Reflexion

Horizontal lines for reflection at the bottom of the page.









# Samstag, der 5.3.2022

KW9: 28.2.-6.3.2022

Jahresübersicht

Termine

Time slots for appointments (Termine) on the left side of the page, ranging from .00 to .00 in .15 increments.

Das Wichtigste

Four horizontal lines for writing the most important items (Das Wichtigste) for the week.

Notizen

A large grid area for notes (Notizen) consisting of a 15x15 dotted grid.

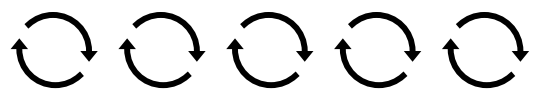
Reflexion

Three horizontal lines for reflection (Reflexion) at the bottom of the page.



## Reflexion der Vorwoche

Routinen



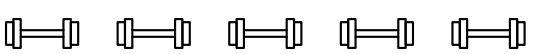
Inspiration



Soziales



Körper



Geist



## Planung

A large grid of dots for planning.





Termine

Vertical timeline with time markers from .00 to .45, repeated every 15 minutes.

Das Wichtigste

Four horizontal lines for writing.

Notizen

Grid for notes with a dotted pattern.

Reflexion

Three horizontal lines for writing.



# Freitag, der 11.3.2022

KW10: 7.-13.3.2022  
**Jahresübersicht**

Termine

Das Wichtigste

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Notizen

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Reflexion

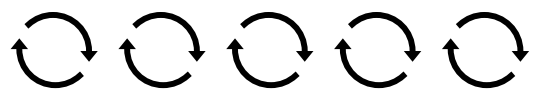
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## Reflexion der Vorwoche

Routinen



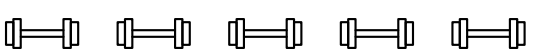
Inspiration



Soziales



Körper



Geist



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## Planung

Large grid area for planning.

Termine

Das Wichtigste

Time slots for appointments (Termine):

.00

.15

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.00

Horizontal lines for 'Das Wichtigste' (The most important):

Notizen

Dot grid for notes (Notizen):

Reflexion

Horizontal lines for reflection (Reflexion):



## Termine

## Das Wichtigste

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## Notizen

## Reflexion





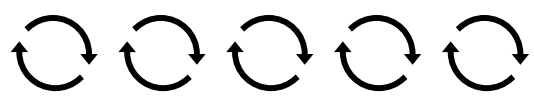




# KW12: 21.-27.3.2022

## Reflexion der Vorwoche

Routinen



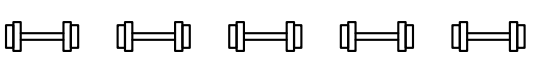
Inspiration



Soziales



Körper



Geist



## Planung











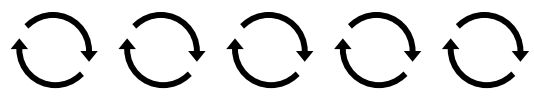




# KW13: 28.3.-3.4.2022

## Reflexion der Vorwoche

Routinen



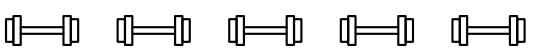
Inspiration



Soziales



Körper



Geist



## Planung

Large grid area for planning.











# Samstag, der 2.4.2022

Termine

Das Wichtigste

- .00
- .15
- .30
- .45
- .00
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- .30
- .45
- .00
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- .30
- .45
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Notizen

Grid of 15 columns and 20 rows for notes.

Reflexion

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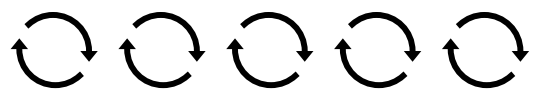
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## Reflexion der Vorwoche

Routinen



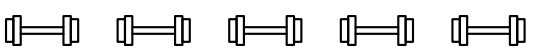
Inspiration



Soziales



Körper



Geist



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## Planung

Large grid area for planning.



## Termine

Time slots for appointments (Termine), with a vertical axis on the left and horizontal lines for notes.

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## Das Wichtigste

Horizontal lines for notes under the heading 'Das Wichtigste'.

## Notizen

Grid area for notes (Notizen) with a dotted pattern.

## Reflexion

Horizontal lines for notes under the heading 'Reflexion'.



## Termine

## Das Wichtigste

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## Notizen

## Reflexion



## Termine

## Das Wichtigste

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## Notizen

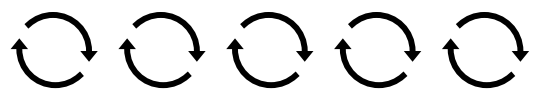
## Reflexion



# KW15: 11.-17.4.2022

## Reflexion der Vorwoche

Routinen



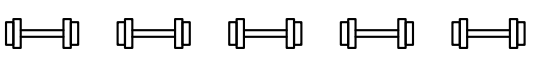
Inspiration



Soziales



Körper



Geist



## Planung

Large grid area for planning.



# Dienstag, der 12.4.2022

KW15: 11.-17.4.2022

Jahresübersicht

Termine

Das Wichtigste

Time slots for appointments (Termine):

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Blank lines for important notes (Das Wichtigste).

Notizen

Grid for notes (Notizen) with a dotted pattern.

Reflexion

Blank lines for reflection (Reflexion).

## Termine

## Das Wichtigste

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## Notizen

## Reflexion









# KW16: 18.-24.4.2022

## Reflexion der Vorwoche

Routinen



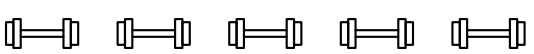
Inspiration



Soziales



Körper



Geist



## Planung



# Dienstag, der 19.4.2022

KW16: 18.-24.4.2022

Jahresübersicht

Termine

Das Wichtigste

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Notizen

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Reflexion

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# Sonntag, der 24.4.2022

KW16: 18.-24.4.2022

Jahresübersicht

Termine

Das Wichtigste

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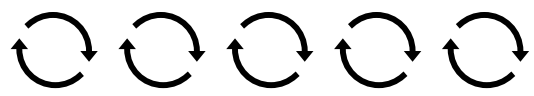
Notizen

Reflexion

# KW17: 25.4.-1.6.2022

## Reflexion der Vorwoche

Routinen



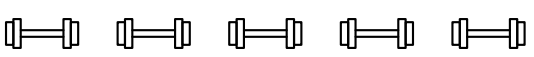
Inspiration



Soziales



Körper



Geist



## Planung







# Donnerstag, der 28.4.2022

KW17: 25.4.-1.6.2022

Jahresübersicht

Termine

Time slots for appointments (Termine):

.00	_____
.15	_____
.30	_____
.45	_____
.00	_____
.15	_____
.30	_____
.45	_____
.00	_____
.15	_____
.30	_____
.45	_____
.00	_____
.15	_____
.30	_____
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.15	_____
.30	_____
.45	_____
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.15	_____
.30	_____
.45	_____
.00	_____
.15	_____
.30	_____
.45	_____
.00	_____
.15	_____
.30	_____
.45	_____
.00	_____

Das Wichtigste

Space for 'Das Wichtigste' (Most important) with 5 horizontal lines.

Notizen

Space for 'Notizen' (Notes) with a dotted grid pattern.

Reflexion

Space for 'Reflexion' (Reflection) with 3 horizontal lines.



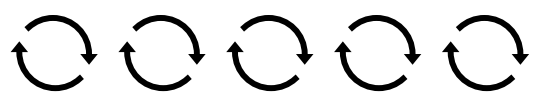




# KW18: 2.-8.5.2022

## Reflexion der Vorwoche

Routinen



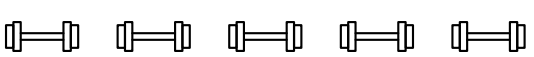
Inspiration



Soziales



Körper



Geist



## Planung

A large grid of dots for planning.













# Sonntag, der 8.5.2022

KW18: 2.-8.5.2022

Jahresübersicht

Termine

Das Wichtigste

.00

.15

.30

.45

.00

.15

.30

.45

.00

.15

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.00

.15

.30

.45

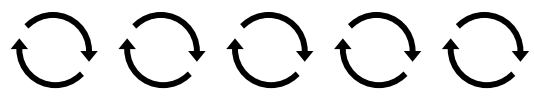
.00

Notizen

Reflexion

## Reflexion der Vorwoche

Routinen



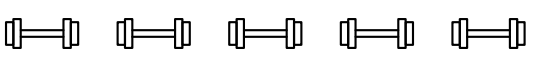
Inspiration



Soziales



Körper



Geist



## Planung

Large grid area for planning.



# Dienstag, der 10.5.2022

KW19: 9.-15.5.2022

Jahresübersicht

## Termine

## Das Wichtigste

.00

.15

.30

.45

.00

.15

.30

.45

.00

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.00

## Notizen

## Reflexion







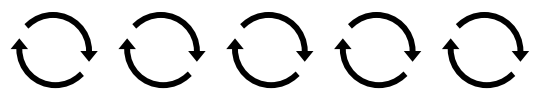




# KW20: 16.-22.5.2022

## Reflexion der Vorwoche

Routinen



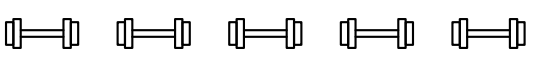
Inspiration



Soziales



Körper



Geist



## Planung

Large grid area for planning.











## Termine

.00
.15
.30
.45
.00
.15
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## Das Wichtigste

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## Notizen

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## Reflexion

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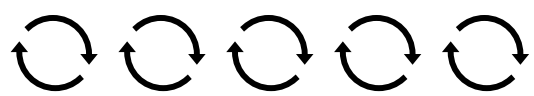
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## Reflexion der Vorwoche

Routinen



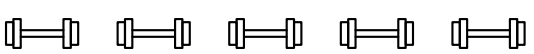
Inspiration



Soziales



Körper



Geist



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## Planung

A large grid of dots for planning, consisting of 20 columns and 20 rows.









## Termine

Time slots for appointments (Termine) on the left side of the page, ranging from .00 to .45 in 15-minute intervals.

## Das Wichtigste

Three horizontal lines for writing the most important items (Das Wichtigste).

## Notizen

A large grid of dots for taking notes (Notizen).

## Reflexion

Three horizontal lines for reflection (Reflexion).

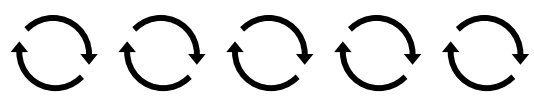




# KW22: 30.5.-5.6.2022

## Reflexion der Vorwoche

Routinen



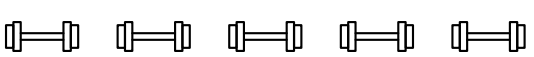
Inspiration



Soziales



Körper



Geist



## Planung

Large grid area for planning.

# Montag, der 30.5.2022

KW22: 30.5.-5.6.2022

## Jahresübersicht

Termine

Das Wichtigste

.00  
.15  
.30  
.45  
.00  
.15  
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Notizen

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Reflexion

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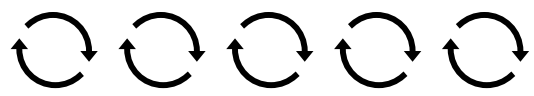




# KW23: 6.-12.6.2022

## Reflexion der Vorwoche

Routinen



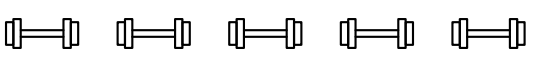
Inspiration



Soziales



Körper



Geist



## Planung

Large grid area for planning.





# Mittwoch, der 8.6.2022

KW23: 6.-12.6.2022

Jahresübersicht

Termine

Das Wichtigste

Vertical timeline for 'Termine' with time slots from .00 to .45 in 15-minute increments, repeated five times.

Horizontal lines for 'Das Wichtigste' corresponding to the first time slot.

Notizen

Large grid for 'Notizen' consisting of 20 columns and 12 rows of dots.

Reflexion

Horizontal lines for 'Reflexion' corresponding to the final time slot.

# Donnerstag, der 9.6.2022

KW23: 6.-12.6.2022

Jahresübersicht

## Termine

## Das Wichtigste

.00

.15

.30

.45

.00

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.00

## Notizen

## Reflexion



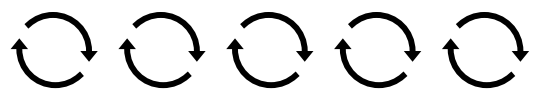




# KW24: 13.-19.6.2022

## Reflexion der Vorwoche

Routinen



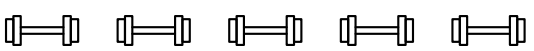
Inspiration



Soziales



Körper



Geist



## Planung

Large grid area for planning.





# Mittwoch, der 15.6.2022

KW24: 13.-19.6.2022

Jahresübersicht

Termine

Das Wichtigste

.00

.15

.30

.45

.00

.15

.30

.45

.00

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.00

Notizen

Reflexion







# Sonntag, der 19.6.2022

KW24: 13.-19.6.2022

Jahresübersicht

## Termine

## Das Wichtigste

Vertical time scale for appointments with horizontal lines and time markers (e.g., .00, .15, .30, .45) on the left.

Horizontal lines for writing the most important points.

## Notizen

Large dotted grid area for taking notes.

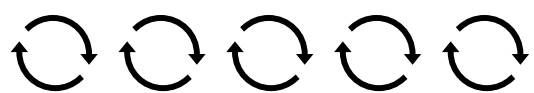
## Reflexion

Horizontal lines for reflection.

# KW25: 20.-26.6.2022

## Reflexion der Vorwoche

Routinen



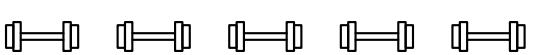
Inspiration



Soziales



Körper



Geist



## Planung

Large grid area for planning.



# Dienstag, der 21.6.2022

KW25: 20.-26.6.2022

Jahresübersicht

Termine

Das Wichtigste

.00

.15

.30

.45

.00

.15

.30

.45

.00

.15

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.15

.30

.45

.00

Notizen

Reflexion



Termine

Time slots for appointments (Termine) marked from .00 to .45 in 15-minute increments, grouped into four sections.

Das Wichtigste

Four horizontal lines for writing the most important things (Das Wichtigste).

Notizen

Grid area for notes (Notizen) consisting of 16 rows of horizontal lines and vertical dots forming a grid.

Reflexion

Four horizontal lines for reflection (Reflexion).



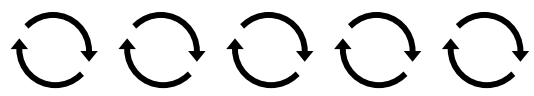




# KW26: 27.6.-3.7.2022

## Reflexion der Vorwoche

Routinen



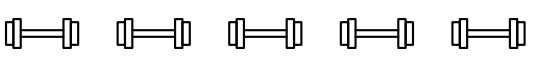
Inspiration



Soziales



Körper



Geist



## Planung

Large grid area for planning.

## Termine

## Das Wichtigste

Time slots for appointments (Termine):

.00

.15

.30

.45

.00

.15

.30

.45

.00

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.30

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.45

.00

Blank lines for 'Das Wichtigste'.

## Notizen

Grid for notes (Notizen).

## Reflexion

Blank lines for reflection (Reflexion).





## Termine

## Das Wichtigste

Time slot labels for 'Termine':

- .00
- .15
- .30
- .45
- .00
- .15
- .30
- .45
- .00
- .15
- .30
- .45
- .00
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- .15
- .30
- .45
- .00
- .15
- .30
- .45
- .00
- .15
- .30
- .45
- .00

Four horizontal lines for 'Das Wichtigste'.

## Notizen

Grid area for 'Notizen' with a dot grid pattern.

## Reflexion

Three horizontal lines for 'Reflexion'.

# Freitag, der 1.7.2022

KW26: 27.6.-3.7.2022

Jahresübersicht

Termine

Das Wichtigste

.00

.15

.30

.45

.00

.15

.30

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Notizen

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Reflexion

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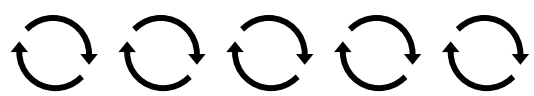




# KW27: 4.-10.7.2022

## Reflexion der Vorwoche

Routinen



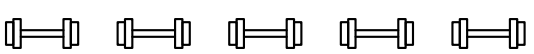
Inspiration



Soziales



Körper



Geist



## Planung

A large grid of dots for planning, consisting of 20 columns and 20 rows.











## Termine

## Das Wichtigste

Vertical timeline with time markers from .00 to .45 on each hour, repeated for each hour from 00.00 to 00.45. The markers are: .00, .15, .30, .45.

Four horizontal lines for writing.

## Notizen

Grid of 12 columns and 24 rows for notes.

## Reflexion

Three horizontal lines for reflection.

# Sonntag, der 10.7.2022

KW27: 4.-10.7.2022

Jahresübersicht

## Termine

Vertical time axis for scheduling appointments. Labels on the left side include .00, .15, .30, .45, and .00, repeating every 15-minute interval. Horizontal lines are drawn across the page to represent these time slots.

## Das Wichtigste

Four horizontal lines for writing down the most important events or tasks of the day.

## Notizen

Large grid of dots for taking notes. The grid is 15 columns wide and 24 rows high.

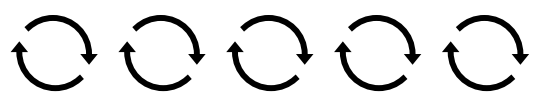
## Reflexion

Three horizontal lines for reflecting on the day.

# KW28: 11.-17.7.2022

## Reflexion der Vorwoche

Routinen



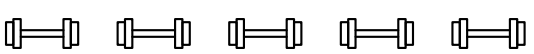
Inspiration



Soziales



Körper



Geist



## Planung

Large grid area for planning.









## Termine

## Das Wichtigste

Timeline grid with 20 horizontal slots. Each slot has a time label on the left: .00, .15, .30, .45, .00, .15, .30, .45, .00, .15, .30, .45, .00, .15, .30, .45, .00, .15, .30, .45, .00, .15, .30, .45, .00, .15, .30, .45, .00, .15, .30, .45, .00, .15, .30, .45, .00, .15, .30, .45.

Horizontal lines for notes in the 'Das Wichtigste' section.

## Notizen

Dot grid for notes in the 'Notizen' section.

## Reflexion

Horizontal lines for notes in the 'Reflexion' section.



# Sonntag, der 17.7.2022

KW28: 11.-17.7.2022

Jahresübersicht

Termine

Das Wichtigste

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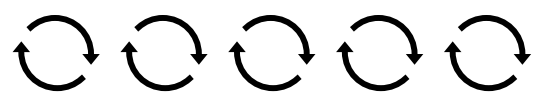
Notizen

Reflexion

# KW29: 18.-24.7.2022

## Reflexion der Vorwoche

Routinen



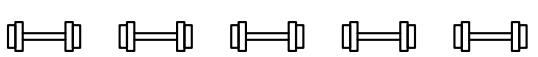
Inspiration



Soziales



Körper



Geist



## Planung

A large grid of dots for planning, consisting of 20 columns and 20 rows.









# Freitag, der 22.7.2022

KW29: 18.-24.7.2022

Jahresübersicht

Termine

Das Wichtigste

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Reflexion

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## Termine

## Das Wichtigste

Timeline for 'Termine' with a vertical axis on the left and horizontal lines for entries. The axis is labeled from .00 to .00 in increments of .15, .30, .45, and .00.

Four horizontal lines for 'Das Wichtigste'.

## Notizen

Grid for 'Notizen' with a dotted pattern.

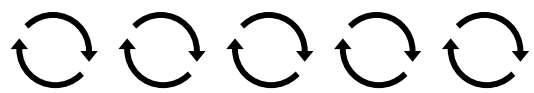
## Reflexion

Three horizontal lines for 'Reflexion'.

# KW30: 25.-31.8.2022

## Reflexion der Vorwoche

Routinen



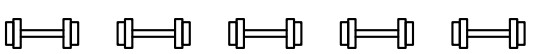
Inspiration



Soziales



Körper



Geist



## Planung

# Montag, der 25.7.2022

KW30: 25.-31.8.2022

Jahresübersicht

Termine

Das Wichtigste

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Notizen

Reflexion

# Dienstag, der 26.7.2022

KW30: 25.-31.8.2022

Jahresübersicht

Termine

Das Wichtigste

Four horizontal lines for writing.

Notizen

Reflexion

Three horizontal lines for writing.







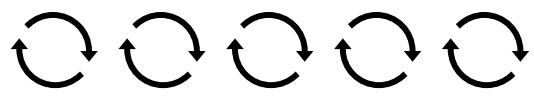




# KW31: 1.-7.8.2022

## Reflexion der Vorwoche

Routinen



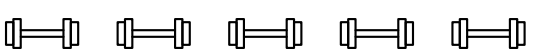
Inspiration



Soziales



Körper



Geist



## Planung

A large grid of dots for planning.







# Donnerstag, der 4.8.2022

KW31: 1.-7.8.2022

Jahresübersicht

Termine

Das Wichtigste

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Notizen

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Reflexion

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# Freitag, der 5.8.2022

KW31: 1.-7.8.2022

Jahresübersicht

Termine

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Reflexion

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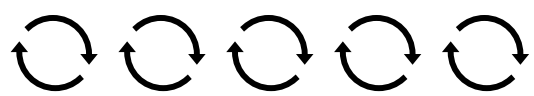




# KW32: 8.-14.8.2022

## Reflexion der Vorwoche

Routinen



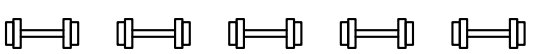
Inspiration



Soziales



Körper



Geist



## Planung

Large grid area for planning.













## Termine

## Das Wichtigste

## Notizen

## Reflexion

Grid for recording appointments and times. The left column lists times from .00 to .45 in 15-minute increments, and the right column lists times from .00 to .30 in 15-minute increments.

Four horizontal lines for recording the most important events.

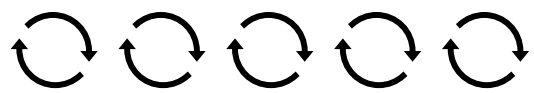
Dot grid for taking notes, with horizontal lines corresponding to the time slots on the left.

Four horizontal lines for reflection.

# KW33: 15.-21.8.2022

## Reflexion der Vorwoche

Routinen



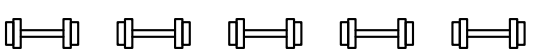
Inspiration



Soziales



Körper



Geist



## Planung



# Dienstag, der 16.8.2022

KW33: 15.-21.8.2022

Jahresübersicht

Termine

Das Wichtigste

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Notizen

Reflexion









# Sonntag, der 21.8.2022

KW33: 15.-21.8.2022

Jahresübersicht

Termine

Das Wichtigste

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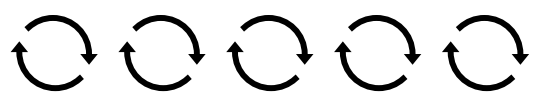
Notizen

Reflexion

# KW34: 22.-28.8.2022

## Reflexion der Vorwoche

Routinen



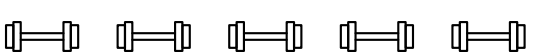
Inspiration



Soziales



Körper



Geist



## Planung

Large grid area for planning.

# Montag, der 22.8.2022

KW34: 22.-28.8.2022

Jahresübersicht

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Das Wichtigste

Notizen

Reflexion

# Dienstag, der 23.8.2022

KW34: 22.-28.8.2022

Jahresübersicht

Termine

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Reflexion

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# Donnerstag, der 25.8.2022

KW34: 22.-28.8.2022

Jahresübersicht

## Termine

## Das Wichtigste

Vertical timeline with hourly markers from .00 to .00 in increments of .15.

Horizontal lines for 'Das Wichtigste' notes.

## Notizen

Large dotted grid area for 'Notizen'.

## Reflexion

Horizontal lines for 'Reflexion' notes.

Termine

Das Wichtigste

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Notizen

Reflexion



# Sonntag, der 28.8.2022

KW34: 22.-28.8.2022

Jahresübersicht

Termine

Das Wichtigste

Vertical timeline for 'Termine' with time markers from .00 to .00 in .15 increments.

Horizontal lines for 'Das Wichtigste' notes.

Notizen

Dot grid for 'Notizen' notes.

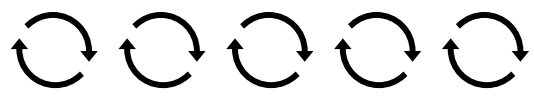
Reflexion

Horizontal lines for 'Reflexion' notes.

# KW35: 29.8.-4.9.2022

## Reflexion der Vorwoche

Routinen



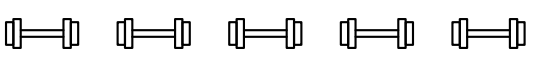
Inspiration



Soziales



Körper



Geist



## Planung

A large grid of dots for planning, consisting of 20 columns and 20 rows.

# Montag, der 29.8.2022

KW35: 29.8.-4.9.2022

Jahresübersicht

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Das Wichtigste

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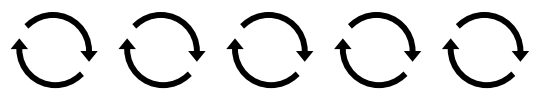




# KW36: 5.-11.9.2022

## Reflexion der Vorwoche

Routinen



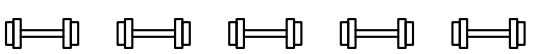
Inspiration



Soziales



Körper



Geist



## Planung

A large grid of dots for planning, consisting of 20 columns and 20 rows.









# Freitag, der 9.9.2022

KW36: 5.-11.9.2022

Jahresübersicht

Termine

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Reflexion

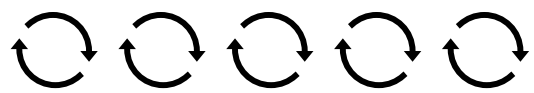




# KW37: 12.-18.9.2022

## Reflexion der Vorwoche

Routinen



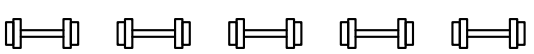
Inspiration



Soziales



Körper



Geist



## Planung





# Mittwoch, der 14.9.2022

Termine

Das Wichtigste

Vertical timeline with time markers from .00 to .00 in 15-minute increments.

Horizontal lines for 'Das Wichtigste'.

Notizen

Grid of dots for 'Notizen'.

Reflexion

Horizontal lines for 'Reflexion'.





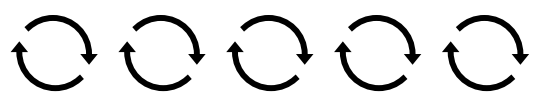




# KW38: 19.-25.9.2022

## Reflexion der Vorwoche

Routinen



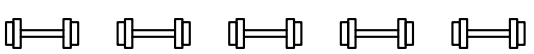
Inspiration



Soziales



Körper



Geist



## Planung





# Mittwoch, der 21.9.2022

KW38: 19.-25.9.2022

Jahresübersicht

Termine

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Reflexion

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# Donnerstag, der 22.9.2022

KW38: 19.-25.9.2022

Jahresübersicht

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Reflexion

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## Termine

## Das Wichtigste

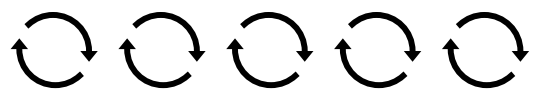
## Notizen

## Reflexion

# KW39: 26.9.-2.10.2022

## Reflexion der Vorwoche

Routinen



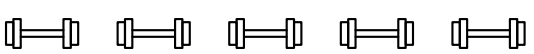
Inspiration



Soziales



Körper



Geist



## Planung

A large grid of dots for planning, consisting of 20 columns and 20 rows.















# KW40: 3.-9.10.2022

## Reflexion der Vorwoche

Routinen



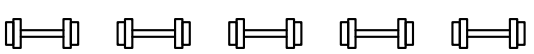
Inspiration



Soziales



Körper



Geist



## Planung

A large grid of dots for planning, consisting of 20 columns and 20 rows.





# Mittwoch, der 5.10.2022

KW40: 3.-9.10.2022

Jahresübersicht

Termine

Das Wichtigste

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Notizen

Reflexion



# Freitag, der 7.10.2022

KW40: 3.-9.10.2022  
**Jahresübersicht**

Termine

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Das Wichtigste

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Notizen

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Reflexion

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# Samstag, der 8.10.2022

KW40: 3.-9.10.2022

Jahresübersicht

Termine

Das Wichtigste

Time slots for appointments (Termine):

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.45  
.00

Blank lines for important notes (Das Wichtigste):

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Notizen

Grid for notes (Notizen) with dotted lines:

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Reflexion

Blank lines for reflection (Reflexion):

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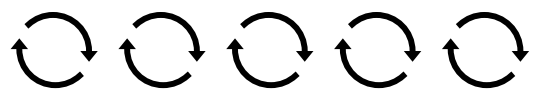
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# KW41: 10.-16.10.2022

## Reflexion der Vorwoche

Routinen



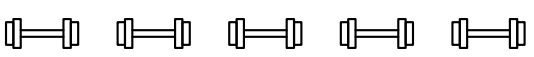
Inspiration



Soziales



Körper



Geist



## Planung

A large grid of dots for planning, consisting of 20 columns and 20 rows.

## Termine

## Das Wichtigste

.00

.15

.30

.45

.00

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## Notizen

## Reflexion

# Dienstag, der 11.10.2022

KW<sub>41</sub>: 10.-16.10.2022

Jahresübersicht

Termine

Das Wichtigste

Timeline grid for 'Termine' with time markers from .00 to .00 in 15-minute intervals.

Blank lines for 'Das Wichtigste' notes.

Notizen

Dotted grid for 'Notizen' (notes).

Reflexion

Blank lines for 'Reflexion' (reflection).







Termine

Das Wichtigste

Time slot grid for 'Termine' with a vertical axis on the left and horizontal lines for each 15-minute interval. The intervals are labeled as follows:

.00  
.15  
.30  
.45  
.00  
.15  
.30  
.45  
.00  
.15  
.30  
.45  
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.30  
.45  
.00

Four horizontal lines for 'Das Wichtigste' notes.

Notizen

Grid for 'Notizen' with a vertical axis on the left and a grid of horizontal and vertical lines. The intervals are labeled as follows:

.00  
.15  
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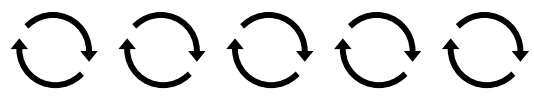
Reflexion

Four horizontal lines for 'Reflexion' notes.



## Reflexion der Vorwoche

Routinen



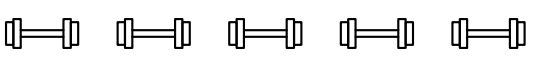
Inspiration



Soziales



Körper



Geist



## Planung

Large grid area for planning.

# Montag, der 17.10.2022

KW42: 17.-23.10.2022

Jahresübersicht

Termine

Das Wichtigste

Time slot labels for 'Termine':

- .00
- .15
- .30
- .45
- .00
- .15
- .30
- .45
- .00
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- .00
- .15
- .30
- .45
- .00

Blank lines for 'Das Wichtigste':

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Notizen

Dotted grid for 'Notizen' (20 columns x 15 rows).

Reflexion

Blank lines for 'Reflexion':

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Termine

Das Wichtigste

Vertical time axis for recording appointments (Termine). The axis is marked with time intervals from .00 to .45 in 15-minute increments, repeating every hour from 00:00 to 23:45.

Horizontal lines for recording the most important events (Das Wichtigste) corresponding to the time slots.

Notizen

Grid area for notes (Notizen) with a dotted pattern, spanning the time intervals from .00 to .45.

Reflexion

Horizontal lines for reflection (Reflexion) at the bottom of the page.





# Samstag, der 22.10.2022

KW42: 17.-23.10.2022

Jahresübersicht

Termine

Das Wichtigste

.00

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Notizen

Reflexion

# Sonntag, der 23.10.2022

KW42: 17.-23.10.2022

Jahresübersicht

Termine

Das Wichtigste

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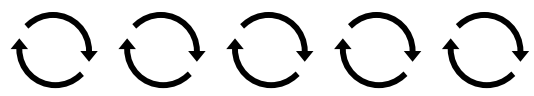
.00

Notizen

Reflexion

## Reflexion der Vorwoche

Routinen



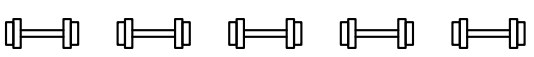
Inspiration



Soziales



Körper



Geist



## Planung

Large grid area for planning.







## Termine

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## Das Wichtigste

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## Notizen

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## Reflexion

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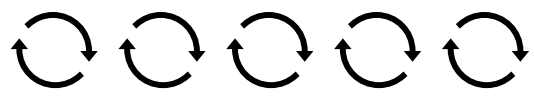




# KW44: 31.10.-6.11.2022

## Reflexion der Vorwoche

Routinen



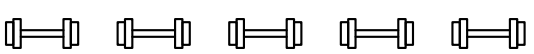
Inspiration



Soziales



Körper



Geist



## Planung

A large grid of dots for planning.

## Termine

## Das Wichtigste

.00

.15

.30

.45

.00

.15

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## Notizen

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## Reflexion

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## Reflexion der Vorwoche

Routinen



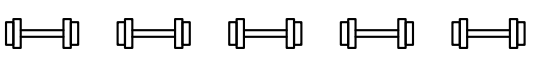
Inspiration



Soziales



Körper



Geist



## Planung

Large grid area for planning.





Termine

Das Wichtigste

Grid for 'Termine' with time slots from .00 to .45 and .00 to .45 repeated 8 times.

Blank lines for 'Das Wichtigste'.

Notizen

Grid for 'Notizen' with a dotted pattern.

Reflexion

Blank lines for 'Reflexion'.





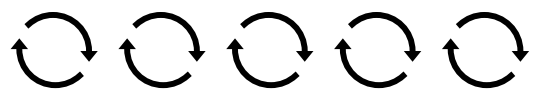




# KW46: 14.-20.11.2022

## Reflexion der Vorwoche

Routinen



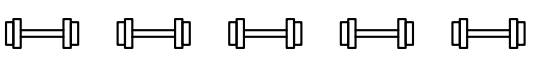
Inspiration



Soziales



Körper



Geist



## Planung

Large grid area for planning.









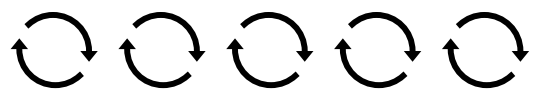






## Reflexion der Vorwoche

Routinen



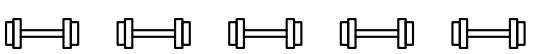
Inspiration



Soziales



Körper



Geist



## Planung

Large grid area for planning.

Termine

Das Wichtigste

Time slots for appointments (Termine):

- .00
- .15
- .30
- .45
- .00
- .15
- .30
- .45
- .00
- .15
- .30
- .45
- .00
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- .30
- .45
- .00
- .15
- .30
- .45
- .00
- .15
- .30
- .45
- .00

Blank lines for 'Das Wichtigste' section.

Notizen

Dot grid for notes (Notizen).

Reflexion

Blank lines for reflection (Reflexion).









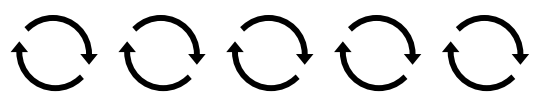




# KW48: 28.11.-4.12.2022

## Reflexion der Vorwoche

Routinen



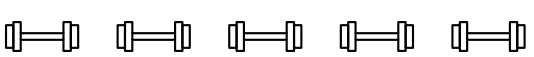
Inspiration



Soziales



Körper



Geist



## Planung











## Termine

## Das Wichtigste

Time slots for appointments (Termine):

.00

.15

.30

.45

.00

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.45

.00

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.00

Blank lines for 'Das Wichtigste' (The most important).

## Notizen

Grid for notes (Notizen) with a dotted pattern.

## Reflexion

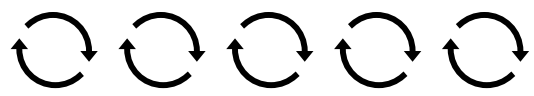
Blank lines for reflection (Reflexion).



# KW49: 5.-11.12.2022

## Reflexion der Vorwoche

Routinen



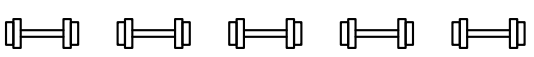
Inspiration



Soziales



Körper



Geist



## Planung

A large grid of dots for planning.





Termine

Das Wichtigste

Time slots for appointments (Termine):

.00  
.15  
.30  
.45  
.00  
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.30  
.45  
.00

Blank lines for 'Das Wichtigste' (The most important).

Notizen

Dotted grid for notes (Notizen).

Reflexion

Blank lines for reflection (Reflexion).

# Donnerstag, der 8.12.2022

KW49: 5.-11.12.2022

Jahresübersicht

## Termine

## Das Wichtigste

.00

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.45

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## Notizen

## Reflexion



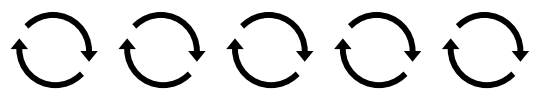




# KW50: 12.-18.12.2022

## Reflexion der Vorwoche

Routinen



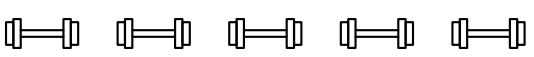
Inspiration



Soziales



Körper



Geist



## Planung

Large grid area for planning.



Termine

Das Wichtigste

Time slots for appointments, labeled from .00 to .45 in increments of .15, repeated 12 times vertically.

Handwriting lines for 'Das Wichtigste' section, consisting of 5 horizontal lines.

Notizen

Dotted grid for notes, consisting of 10 columns and 10 rows of dots.

Reflexion

Handwriting lines for 'Reflexion' section, consisting of 3 horizontal lines.



## Termine

## Das Wichtigste

.00  
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## Reflexion

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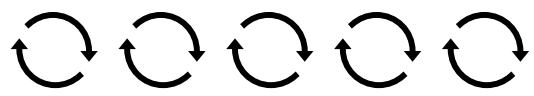






## Reflexion der Vorwoche

Routinen



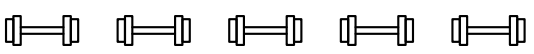
Inspiration



Soziales



Körper



Geist



## Planung

Large grid area for planning.





# Mittwoch, der 21.12.2022

KW51: 19.-25.12.2022

## Jahresübersicht

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Reflexion

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# Donnerstag, der 22.12.2022

KW51: 19.-25.12.2022

Jahresübersicht

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Notizen

Reflexion



# Samstag, der 24.12.2022

KW51: 19.-25.12.2022

Jahresübersicht

Termine

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Notizen

Reflexion

# Sonntag, der 25.12.2022

KW51: 19.-25.12.2022

Jahresübersicht

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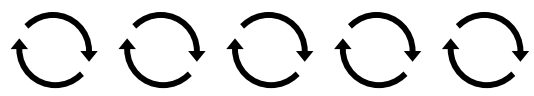
Notizen

Reflexion

# KW52: 26.12.2022-1.1.2023

## Reflexion der Vorwoche

Routinen



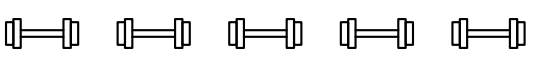
Inspiration



Soziales



Körper



Geist



## Planung

A large grid of dots for planning.









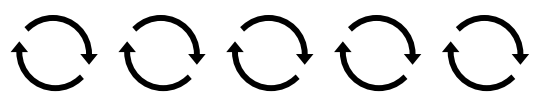






## Reflexion der Vorwoche

Routinen



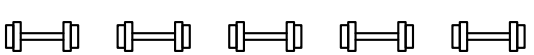
Inspiration



Soziales



Körper



Geist



## Planung

Large grid area for planning.