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| <p><b>Vision Board<br/>Gewohnheits-Tracker<br/>–<br/>Anleitung zur<br/>Erstellung</b></p> <p><b>So erstellt ihr<br/>Mini-Vision-Board-Gewohnheitstracker</b></p> <p>Wenn ihr persönliche Sticker ausdrucken wollt, könnt ihr zum Beispiel den <a href="#">Canon Zoemini 2 Foto-Sticker-Drucker (Amazon Affiliate Link)</a> verwenden.<br/>Sammelt Fotos von</p> | <p><b>Vision Board<br/>Habit Tracker<br/>– Instructions for Creation</b></p> <p><b>How to Create<br/>Mini Vision<br/>Board Habit<br/>Trackers</b></p> <p>If you want to print personal stickers, you can, for example, use the <a href="#">Canon Zoemini 2 photo sticker printer (Amazon affiliate link)</a>. Collect photos from your trips, travels, walks, or other sources, or download free photos from <a href="#">unsplash.com</a> . Open the printer app of the Canon Zoemini photo printer on your phone and create a collage or select individual photos. Decorate the photos</p> | <p><b>Vision Board<br/>Habit Tracker<br/>– Instructions de création</b></p> <p><b>Comment<br/>créer des mini<br/>vision board<br/>habit trackers</b></p> <p>Si vous souhaitez imprimer des autocollants personnalisés, vous pouvez par exemple utiliser l'imprimante photo à autocollants <a href="#">Canon Zoemini 2 (lien d'affiliation Amazon)</a>. Rassemblez des photos de vos excursions, voyages, promenades ou d'autres sources, ou téléchargez des photos gratuites sur <a href="#">unsplash.com</a> . Ouvrez l'application de l'imprimante</p> | <p><b>Vision Board<br/>Habit Tracker –<br/>Instrucciones de creación</b></p> <p><b>Cómo crear<br/>mini vision<br/>board habit<br/>trackers</b></p> <p>Si quieres imprimir pegatinas personalizadas, puedes utilizar, por ejemplo, la impresora de fotos adhesivas <a href="#">Canon Zoemini 2 (enlace de afiliado de Amazon)</a>. Recoge fotos de tus excursiones, viajes, paseos u otras fuentes, o descarga fotos gratuitas de <a href="#">unsplash.com</a> . Abre la aplicación de la impresora Canon Zoemini en tu móvil y crea un collage o</p> | <p><b>Vision Board<br/>Habit Tracker<br/>– Istruzioni per la<br/>creazione</b></p> <p><b>Come creare<br/>mini vision<br/>board habit<br/>tracker</b></p> <p>Se desiderate stampare adesivi personalizzati, potete utilizzare, ad esempio, la stampante fotografica per adesivi <a href="#">Canon Zoemini 2 (link affiliato Amazon)</a>. Raccogliete foto delle vostre escursioni, viaggi, passeggiate o da altre fonti, oppure scaricate foto gratuite da <a href="#">unsplash.com</a> .</p> | <p><b>Трекер привычек на<br/>визуальной<br/>мини-доске –<br/>Инструкция по созданию</b></p> <p><b>Как создать<br/>мини-трекер<br/>привычек на<br/>визуальной<br/>доске</b></p> <p>Если вы хотите распечатать персональные стикеры, вы можете, например, использовать фотоприINTER для наклеек <a href="#">Canon Zoemini 2 (партнёрская ссылка Amazon)</a>. Соберите фотографии из ваших поездок, путешествий,</p> |
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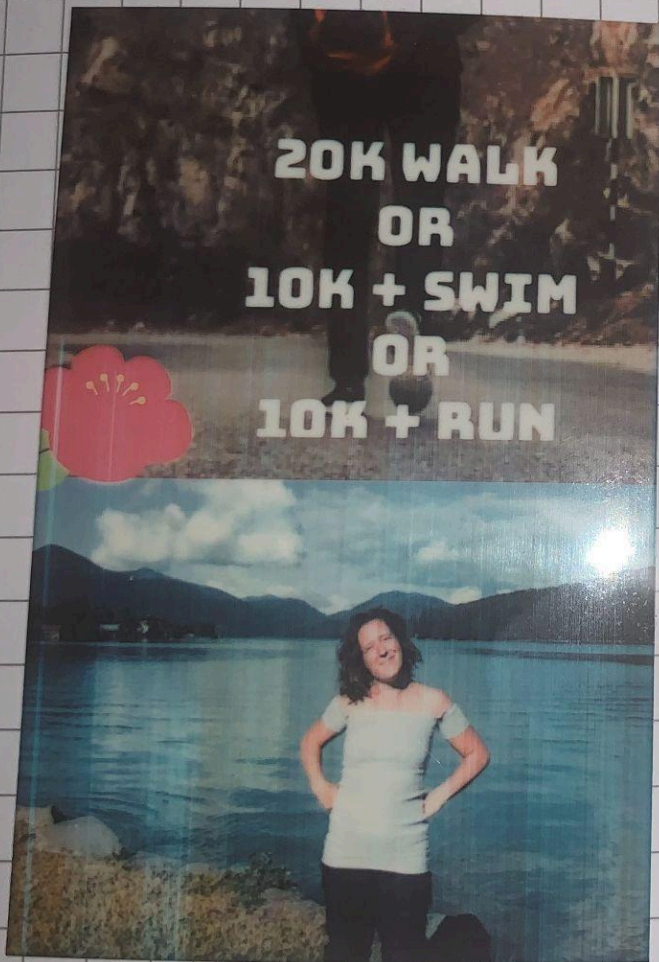
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| <p>euren Ausflügen, Reisen, Spaziergängen oder aus anderen Quellen oder ladet kostenlose Fotos von <a href="https://unsplash.com">unsplash.com</a> herunter.</p> <p>Öffnet die Drucker-App des Foto-Printers Canon Zoemini auf eurem Handy und erstellt eine Collage oder wählt einzelne Fotos aus.</p> <p>Dekoriert die Fotos zusätzlich in der App mit Stickern und Texten, wenn ihr wollt.</p> <p>Druckt die Fotos aus und klebt sie in den Planer an die Stellen, die ihr bereits vorbereitet habt (siehe Blogartikel).</p> <p><b>Tipps zur Umsetzung</b></p> <p>Tipp: Schreibt die wiederkehrende Aufgabe klar und SMART formuliert auf die Seite. <a href="#">Zu</a></p> | <p>in the app with stickers and text if you like.</p> <p>Print the photos and stick them into your planner in the places you have already prepared (see blog article).</p> <p><b>Tips for Implementation</b></p> <p>Tip: Write the recurring task clearly and in a SMART way on the page. <a href="#">There is a blog article and a Mediabook about SMART goals in my shop.</a></p> <p>If you want to use your tracker multiple times: use a lined or squared Post-it as a habit tracker in your planner on each individual page to track your progress. When the task comes up again, replace the Post-it that has been completed with a new,</p> | <p>Canon Zoemini sur votre téléphone et créez un collage ou sélectionnez des photos individuelles. Décorez les photos dans l'application avec des autocollants et du texte si vous le souhaitez.</p> <p>Imprimez les photos et collez-les dans votre agenda aux endroits que vous avez déjà préparés (voir article de blog).</p> <p><b>Conseils pour la mise en pratique</b></p> <p>Conseil : écrivez la tâche récurrente de manière claire et selon la méthode SMART sur la page. <a href="#">Il existe un article de blog et un Mediabook sur les objectifs SMART dans ma boutique.</a></p> <p>Si vous souhaitez utiliser votre tracker plusieurs fois : utilisez</p> | <p>selecciona fotos individuales.</p> <p>Decora las fotos en la aplicación con pegatinas y texto si quieres.</p> <p>Imprime las fotos y pégalas en tu planificador en los lugares que ya hayas preparado (ver artículo del blog).</p> <p><b>Consejos para la implementación</b></p> <p>Consejo: escribe la tarea recurrente de forma clara y siguiendo el método SMART en la página. <a href="#">Hay un artículo del blog y un Mediabook sobre objetivos SMART en mi tienda.</a></p> <p>Si quieres usar tu tracker varias veces: utiliza un post-it con líneas o cuadrulado como habit tracker en tu planificador en cada</p> | <p>Apriete l'app della stampante Canon Zoemini sul vostro telefono e create un collage oppure selezionate singole foto.</p> <p>Decorate le foto nell'app con adesivi e testi, se lo desiderate.</p> <p>Stampate le foto e incollatele nel vostro planner nei punti che avete già preparato (vedi articolo del blog).</p> <p><b>Consigli per l'applicazione</b></p> <p>Consiglio: scrivete l'attività ricorrente in modo chiaro e secondo il metodo SMART sulla pagina. <a href="#">Nel mio shop trovate un articolo del blog e un Mediabook sugli obiettivi SMART.</a></p> <p>Se volete utilizzare il vostro tracker più volte: utilizzate un post-it a righe o a</p> | <p>прогулок или других источников или скачайте бесплатные фото с <a href="https://unsplash.com">unsplash.com</a>.</p> <p>Откройте приложение принтера Canon Zoemini на вашем телефоне и создайте коллаж или выберите отдельные фотографии.</p> <p>Украсьте фотографии в приложении стикерами и текстом, если хотите.</p> <p>Распечатайте фотографии и приклейте их в планер в те места, которые вы уже подготовили (см. статью в блоге).</p> <p><b>Советы по применению</b></p> <p>Совет: запишите повторяющуюся задачу чётко и по методу SMART на странице. <a href="#">В моём магазине есть статья</a></p> |
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| <p><a href="#">SMART-Zielen gibt es einen Blogartikel und ein Mediabook in meinem Shop.</a></p> <p>Wenn ihr euren Tracker mehrfach verwenden wollt: Verwendet ein liniertes oder kariertes Post-it als Gewohnheits-Tracker im Planer auf jeder einzelnen Seite, um euren Fortschritt zu verfolgen. Wenn die Aufgabe wieder dran ist, ersetzt das Post-it, das erledigt ist, durch ein neues, leeres Post-it.</p> <p><b>Foto-Galerie</b></p> <p>Die Fotos zu meinem ersten Mini-Vision-Board-Gewohnheitstracker findest du ganz unten im Dokument.</p> <p><b>Video zur Anleitung</b></p> <p>Ich hoffe, diese</p> | <p>blank Post-it.</p> <p><b>Photo Gallery</b></p> <p>You can find photos of my first mini vision board habit tracker at the very end of the document.</p> <p><b>Video Tutorial</b></p> <p>I hope you enjoyed this guide! This tutorial is also available as a video – watch my video here (<a href="#">link to the video</a>). Have fun creating your own personal vision board habit trackers!</p> <p><b>Learning Languages with This Guide</b></p> <p>PS: With this guide, you can also learn languages, just like with my blog articles on polyglotmona. The</p> | <p>un post-it ligné ou quadrillé comme habit tracker dans votre agenda sur chaque page afin de suivre votre progression. Lorsque la tâche revient, remplacez le post-it terminé par un nouveau post-it vierge.</p> <p><b>Galerie de photos</b></p> <p>Vous trouverez les photos de mon premier mini vision board avec suivi des habitudes tout à la fin du document.</p> <p><b>Vidéo du tutoriel</b></p> <p>J'espère que ce guide vous a plu ! Ce tutoriel existe également en vidéo – regardez ma vidéo ici (<a href="#">lien vers la vidéo</a>). Amusez-vous bien à créer vos propres vision board habit</p> | <p>página para seguir tu progreso. Cuando la tarea vuelva, sustituye el post-it ya completado por uno nuevo en blanco.</p> <p><b>Galería de fotos</b></p> <p>Encontraréis las fotos de mi primer mini vision board con seguimiento de hábitos al final del documento.</p> <p><b>Vídeo del tutorial</b></p> <p>¡Espero que esta guía te haya gustado! Este tutorial también está disponible en vídeo – mira mi vídeo aquí (<a href="#">enlace al vídeo</a>). ¡Diviértete creando tus propios vision board habit trackers!</p> <p><b>Aprender idiomas con esta guía</b></p> | <p>quadretti come habit tracker nel vostro planner su ogni singola pagina per monitorare i vostri progressi. Quando l'attività si ripresenta, sostituite il post-it completato con uno nuovo e vuoto.</p> <p><b>Galleria fotografica</b></p> <p>Troverete le foto del mio primo mini vision board con tracker delle abitudini alla fine del documento.</p> <p><b>Video del tutorial</b></p> <p>Spero che questa guida vi sia piaciuta! Questa guida è disponibile anche come video – guardate il mio video qui (<a href="#">link al video</a>). Divertitevi a creare i vostri vision board habit tracker</p> | <p><a href="#">в блоге и Mediabook о SMART-целях.</a></p> <p>Если вы хотите использовать ваш трекер несколько раз: используйте линованный или клетчатый стикер (post-it) как трекер привычек в вашем планере на каждой странице, чтобы отслеживать ваш прогресс. Когда задача повторяется, замените стикер с выполненной задачей на новый, пустой.</p> <p><b>Фотогалерея</b></p> <p>Фотографии моего первого мини-трекера привычек с доской визуализации вы найдёте в самом конце документа.</p> <p><b>Видеоинструкция</b></p> <p>Надеюсь, вам</p> |
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| <p>Anleitung hat euch gefallen! Die Anleitung gibt es auch als Video – schaut euch mein Video hier (<a href="#">Link zum Video</a>) an. Viel Spaß beim Erstellen eurer eigenen persönlichen Vision-Board-Gewohnheitstracker!</p> <p><b>Sprachen lernen mit dieser Anleitung</b></p> <p>PS: Mit dieser Anleitung könnt ihr auch Sprachen lernen, so wie mit meinen Blogartikeln auf polyglotmona. Die Sprachen sind:</p> <p>Deutsch<br/>Englisch<br/>Französisch<br/>Spanisch<br/>Italienisch<br/>Russisch</p> <p>Liebe Grüße und bis zum nächsten Mediabook, Live,</p> | <p>languages are:<br/>German<br/>English<br/>French<br/>Spanish<br/>Italian<br/>Russian</p> <p>Best regards and see you in the next Mediabook, live, video, short, or blog article,<br/>yours Mona Rieger 👍</p> | <p>trackers !</p> <p><b>Apprendre des langues avec ce guide</b></p> <p>PS : avec ce guide, vous pouvez aussi apprendre des langues, comme avec mes articles de blog sur polyglotmona. Les langues sont :</p> <p>Allemand<br/>Anglais<br/>Français<br/>Espagnol<br/>Italien<br/>Russe</p> <p>Cordialement et à bientôt pour le prochain Mediabook, live, vidéo, short ou article de blog,<br/>Mona Rieger 👍</p> | <p>PS: con esta guía también puedes aprender idiomas, como con mis artículos del blog en polyglotmona. Los idiomas son:</p> <p>Alemán<br/>Inglés<br/>Francés<br/>Español<br/>Italiano<br/>Ruso</p> <p>Saludos y hasta el próximo Mediabook, directo, vídeo, short o artículo del blog,<br/>Mona Rieger 👍</p> | <p>personali!</p> <p><b>Imparare le lingue con questa guida</b></p> <p>PS: con questa guida potete anche imparare le lingue, proprio come con i miei articoli del blog su polyglotmona. Le lingue sono:</p> <p>Tedesco<br/>Inglese<br/>Francese<br/>Spagnolo<br/>Italiano<br/>Russo</p> <p>Un caro saluto e a presto con il prossimo Mediabook, live, video, short o articolo del blog,<br/>Mona Rieger 👍</p> | <p>понравилось это руководство! Эта инструкция также доступна в формате видео – посмотрите моё видео здесь (<a href="#">ссылка на видео</a>). Приятного создания ваших собственных трекеров привычек на визуальной мини-доске!</p> <p><b>Изучение языков с помощью этой инструкции</b></p> <p>PS: с помощью этой инструкции вы также можете изучать языки, как и с моими статьями в блоге на polyglotmona. Языки: Немецкий<br/>Английский<br/>Французский<br/>Испанский<br/>Итальянский<br/>Русский</p> <p>С наилучшими пожеланиями и до</p> |
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| Video, Short oder<br>Blogartikel,<br>eure Mona Rieger 👍 |  |  |  |  | скорой встречи в<br>следующем<br>медиабуке, прямом<br>эфире, видео, short<br>или статье в блоге,<br>Мона Ригер 👍 |
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**Pictures below:**



daily

walking

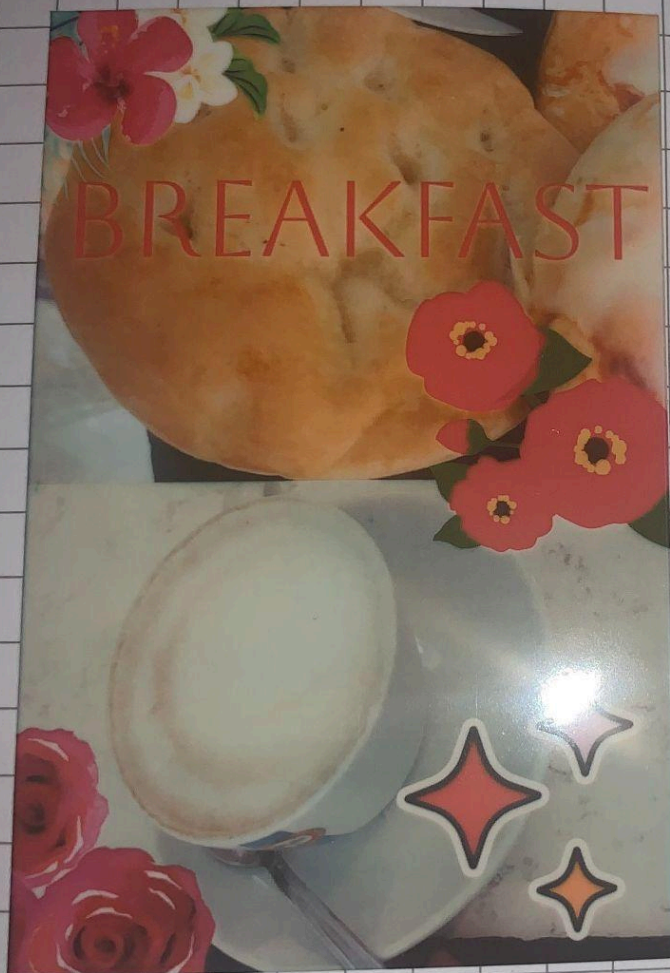
20 K or  
10 K + running or  
10 K + swimming



daily

grocery  
shopping

fish, legumes,  
nuts,  
vegetables, fruits,  
whole grain bread,  
yoghurt, cheese,  
zero sugar drink



daily

1 cappuccino

breakfast

+ 1 cappuccino

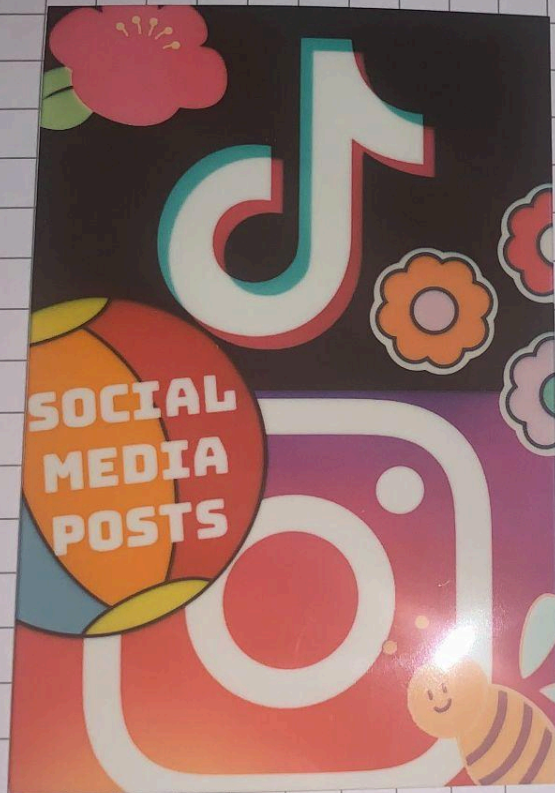
+ 1 piece of pastry



daily

hiking guide  
pptx: photos  
+ text + links

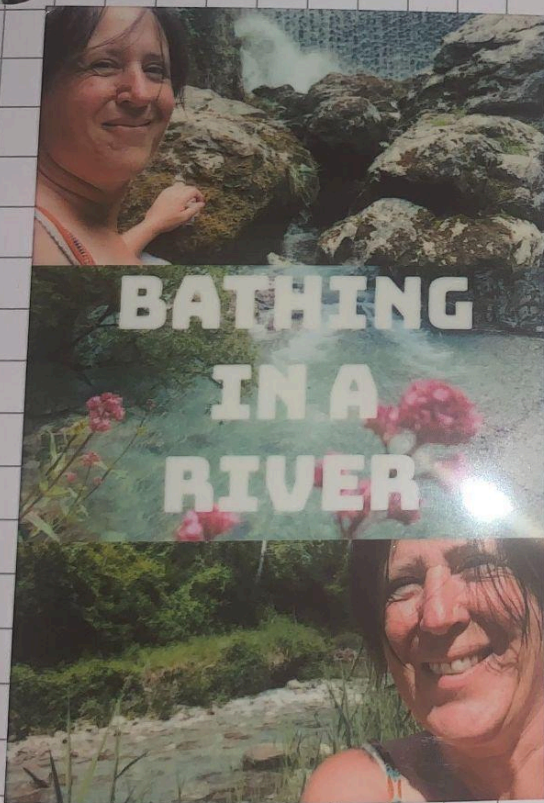
breakfast



daily

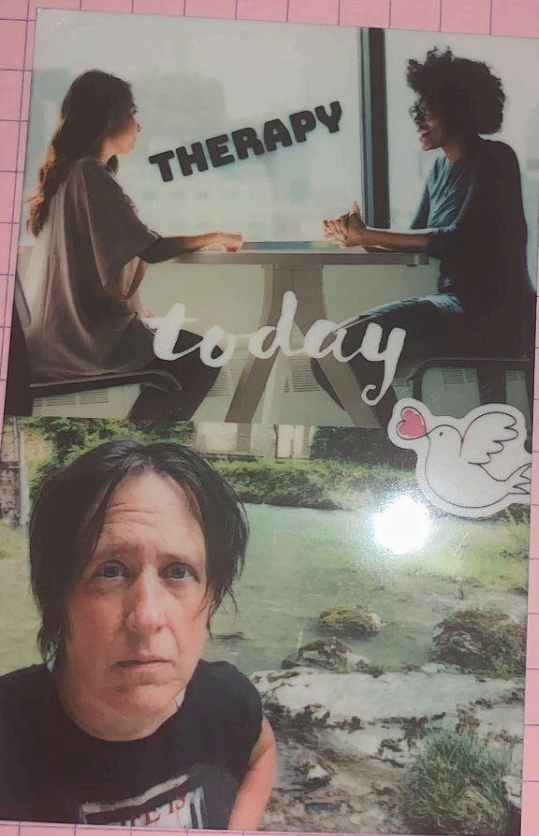
social media  
= Insta + Tiktok

breakfast



daily

bathing /  
showing



every 6 weeks

"therapy"

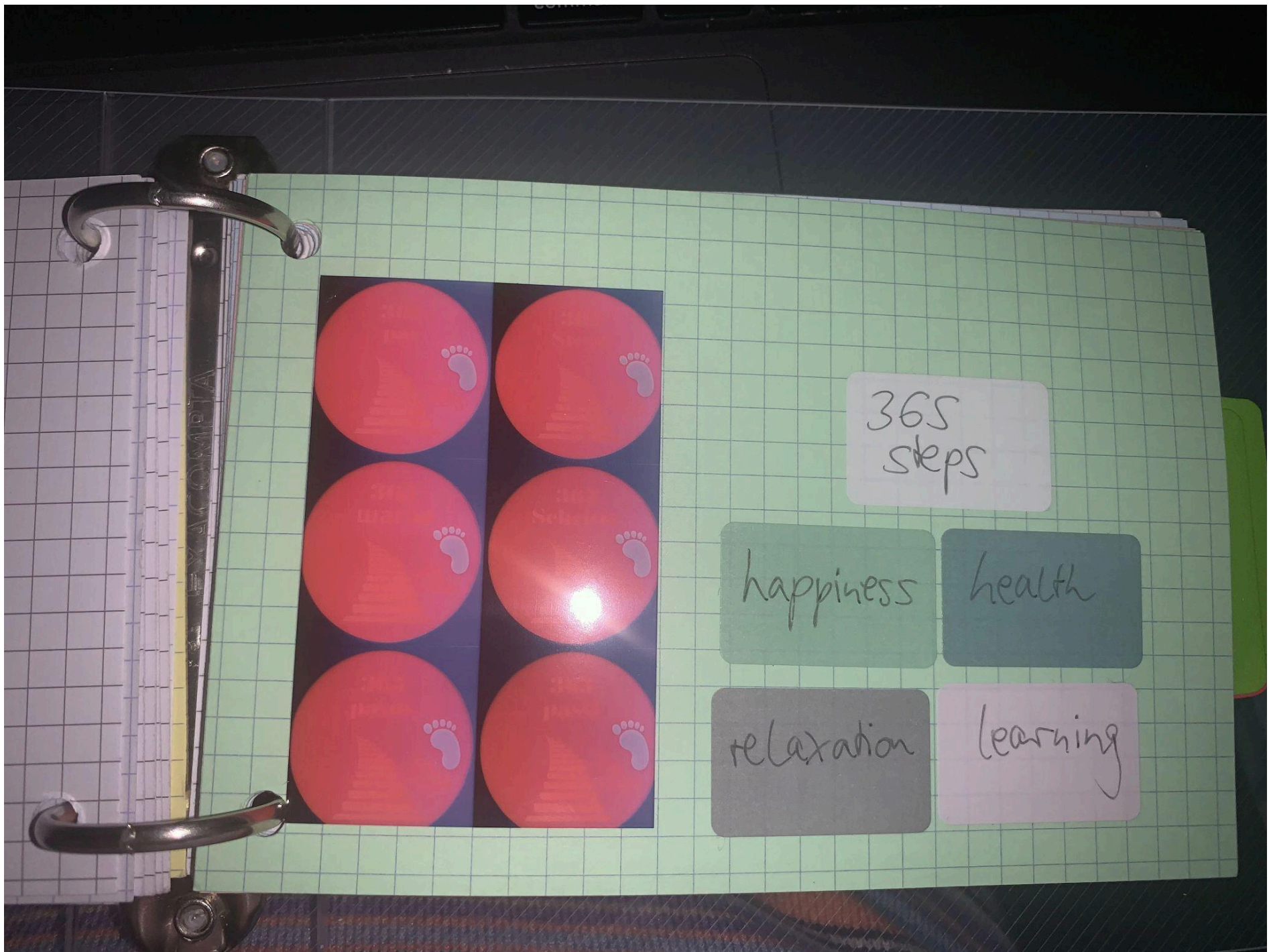
Friday 2pm  
May 10



every 3 days

wash hair

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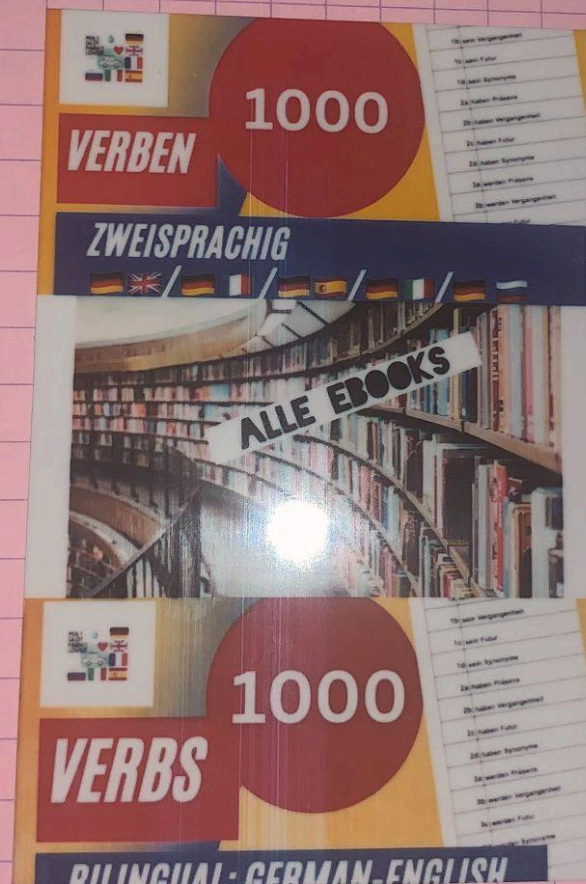
living  
in my car

nomad

conclusion

hygiene

Q & A



1000  
verbs



G-E E-G

G-F F-F

G-S E-S

G-I E-I

G-R E-R