

[FREE] Stick to Stigu: Plan Hard. Play Hard. Rest Hard.: Planner 2016: A Week to View Diary - Rest Zest Handbook - Notebook - Calendar - to-Do Pad

Stick to Stigu: Plan Hard. Play Hard. Rest Hard.: Planner 2016: A Week to View Diary - Rest Zest Handbook - Notebook - Calendar - to-Do Pad

Michelle Chand, Helena Lindfors
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#7181557 in Books 2015-05-31 Binding: Calendar 130 pages notebook, yearly planner, zest diary, personal management, padcalendar, mindfulness, journal yearbook, rest, meditation, yoga organiser, humour | File size: 32.Mb

Michelle Chand, Helena Lindfors : Stick to Stigu: Plan Hard. Play Hard. Rest Hard.: Planner 2016: A Week to View Diary - Rest Zest Handbook - Notebook - Calendar - to-Do Pad before purchasing it in order to gauge whether or not it would be worth my time, and all praised Stick to Stigu: Plan Hard. Play Hard. Rest Hard.: Planner 2016: A Week to View Diary - Rest Zest Handbook - Notebook - Calendar - to-Do Pad:

1 of 1 people found the following review helpful. I shall stick to Stigu! By Pia Erkinheimo I love the concept - the good old physical planner - after all electronic shared calendars with different privacy settings - this is "MY precious" :-)) !! I also love the quality of paper, and being an European, my week starts from Monday. And yes, it is thought provoking. I also like how Stigu is being described in the very beginning.. and I'd like to know him/her better!

* Many things in one cover: planner, diary, calendar, notebook and to-do pad.* Integral 'rest zest' handbook with tips to steal mini-rests and charge batteries.* Easy to follow practises and fresh illustrations every single week.* Perfect Xmas gift for all hardworking jugglers: makes planning fun and resting legal.* Excellent value for 365 days and space

for weekly to-do lists and appointments.* Plenty of blank pages + big back pocket.* Pad size (240 x 190 x 13).* 2016 year planner and 2017 future planner.* Key global holidays and specifics for the UK, US, Ireland, Canada, Finland and Sweden.The "Stick to Stigu" planner is our stress-busting guide to a more balanced way of living and something that anybody can learn to do. Essentially it's a desktop year planner, a diary, a to-do pad, a notebook but also a sanity-saving 'rest zest' handbook, hosted by rest-master 'Stigu' who encourages new habits in a non-judgemental, non-preachy way that actually works. Stigu shows, with humour and compassion, through no-nonsense tips, practices, provoking quotes and inspiring illustrations, that juggling a complicated life is possible, and a good plan (plus enough rest) can help.Stigu is aimed at hardworking jugglers living complicated lives, and the mission is to help these hardcore multitaskers get more organised, inspired and rested. Get Stigu and your licence-to-rest now!