

# Tagesplaner



Alltagsstruktur

A vertical stack of five horizontal, light grey rectangular bars, intended for writing down the daily structure or routine.

Selbstfürsorge

A large, vertical, light grey rectangular box, intended for writing down self-care activities or reflections.

Was hat Dir heute ein Lächeln ins Gesicht gezaubert ?

A large, horizontal, light grey rectangular box, intended for writing down what brought a smile to the face today.