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Counting worksheets 1- 30 for kinder

If you're editing multiple sheets in Microsoft Excel, it might be helpful to group them together. This allows you to make changes to the same range of cells in multiple sheets. Here's how to do it. Grouping multiple sheets in Microsoft Excel Grouping sheets together in Excel can be useful if you have an Excel work book with multiple sheets that contain different data but follow the same layout. The example below shows this in action. Our Excel workbook, called School Data, contains several sheets related to the school's operation. Three sheets have student lists for different classes, called Class A, Class B, and Class C. If we group these sheets together, any actions we perform on any of these sheets will be applied to all of them. For example, let's say we want to insert the IF formula into the G4 (G4 to G12) column on each sheet to determine whether students were born in 1998 or 1999. If we group the sheets together before inserting the formula, we can apply it to the same cell range on all three sheets. ANSWER: How to use the logical features in Excel: IF, AND, OR, XOR, NOT To group worksheets together, click and hold the Ctrl key and click on every sheet you want to group together at the bottom of the Excel window. Grouped sheets are displayed with a white background, while unselected sheets appear in gray. The example below shows the IF formula we suggested above, inserted into the Class B sheet. Grouping all the sheets in Microsoft Excel When you press and lash Ctrl, you can select a few separate sheets and group them together. If you have a lot more book, however, it's impractical. If you want to group all the sheets in the Excel work book, you can save time by correctly clicking on one of the sheets listed at the bottom of the Excel window. Click here to select all the sheets together. By not grouping worksheets into Microsoft Excel Once you've finished making changes to multiple sheets, you can ungroup them in two ways. The quickest method is to click on the selected sheet at the bottom of the Excel window and then click Ungroup Sheets. You can also ungroup individual sheets one at a time. Simply click and hold Ctrl, and then select the sheets you want to remove from the group. The tabs of the sheet that you ungroup will return to the gray background. If you're stressed, anxious, and feeling scared these days, the best way to cope, psychologists say, is to be kinder to yourself. The problem is that most of us concentrate on being kind to others, but too often we forget to be kind to ourselves. Life is quite tough, quite tense, hard enough, quite complicated, so there is no reason not to start with yourself. Try these 52 ways to be kinder to yourself (and set an example for others to do the same):1. Accept your power. Accept your own power, and you will be better able to empower others.2 Learn to calm your mind. Calm mind is the best weapon against even the biggest challenges3. The conversation is courageous. Be brave enough to start a conversation that matters. Create media shutdown days. Turn off all screens and other things that distract or disturb you.5 Be true to your word. Speak honestly; say just what you mean and never say bad things about yourself or others. Use the power of your words to serve truth and kindness.6 Do the right thing even if no one is watching. Doing the right thing can hurt, but doing the wrong thing causes lasting harm.7 Spend time with people who do good things. Never stop doing something for others and spend your precious time with others who share that spirit.8 Embrace the unknown. Fear of the unknown can be truly paralyzing, but having the courage and conviction to take a chance can turn fear into your favor.9 Be compassionate to yourself. Be as understanding with yourself as you would with your best friend. If your compassion does not include itself, it is incomplete.10 Celebrate your growth. Sometimes we forget to celebrate how far we have come. Mental, emotional and spiritual growth does not occur automatically. They take on jobs and perseverance, and they're worth the reward.11 Never agree. Never accept less than you deserve, because once you start agreeing, you'll always be.12 Stop worrying about what other people think. The greatest prison people live in fear of what other people think.13 Don't live online. Make sure you spend time with people face to face and live life to the fullest in real life.14 Treat others with respect. Treating others with respect and generosity is associated with high self-esteem.15 Understand that you are worthy and worthy. There's a big difference between thinking that you deserve to be happy and knowing that you're worthy of happiness.16 Be kind to others. Take an example. Treat everyone with the same attention as yourself.17 Express yourself courageously. Tell your truth and live to express, not impress.18 Be your own superhero. Remember that superheroes are ordinary people who make themselves extraordinary.19 Turn off negative conversations about yourself. What you're saying to yourself day, either pick you up or rip you off. It's your choice.20 Keep yourself high. Never let anyone tell you that your standards are too high. There's nothing wrong with wanting to be good for yourself.21 Don't take yourself either. Take your job and your responsibilities seriously, but you don't have much of yourself.22 Do something you're afraid of. Learn to overcome fear with will.23 Take a half-off. Everyone deserves a day in which no problems are faced, no solution was sought. There is no harm in giving up care for a while.24 Learn to forgive. In any conflict, the first person to apologize is the bravest, the strongest is the first to say goodbye, and the first to forget will be the happiest.25 Set big goals. Set daily, monthly and long-term goals built on your dreams. Never be afraid that you think too big - nothing is impossible. If you believe in yourself, you can achieve it.26 Respect yourself to the fullest. Always treat yourself with the same respect you show others. Remember that the world sees what you put there - so keep yourself high.27 Give it to others. Giving is the master key to happiness in life. It's what we get the most.28 Truly listen to people when they speak. Stop all other actions and thoughts and focus on what is being said.29 Go to bed early. You will be happier, healthier and more productive.30 Help others. Don't look for a reason to help people; Just do it.31 Change your thoughts to change your life. If you really want to be better for yourself, start by listening to your thoughts. Your mind is a powerful thing, and when you fill it with positive thoughts amazing things can happen.32 Stop trying to fit in. When you find yourself on the side of the majority, it's time to stop and think. Focus instead on being yourself and standing.33 Think about how to make your life easier and then do it. If something doesn't add to your life, it doesn't belong in your life.34 Stop judging yourself. One of the most important ways we can be kinder to ourselves is to stop judging ourselves. Don't sum up your whole life in one moment.35 Make the most of every opportunity. When the opportunity knocks, don't let fear hold you back. Open the door and accept this opportunity because it may be the most important you will receive.36 Learn to let things go. Sometimes the best way to be happy is to learn to let go of things that you've tried very hard to keep.37 Ask for help. Be strong enough to stand alone, smart enough to know when you need help, and brave enough to ask for it.38 Focus. Keep yourself up to task and you'll discover more free time. Be fully present. To be present at the moment is one of the greatest acts of kindness you can give yourself.40 Take the time for yourself. There is virtue in work, and there is a virtue in acceptance. Enjoy both in balance. Eat for yourself. What if you have dedicated the coming year just to take care of yourself? Don't make excuses, don't adjust or improve - just do your best to educate yourself. Bring music into your life. Music gives wings to the mind and flight in Get out and have fun. There is no good reason not to enjoy life every day.44 Appreciate the people in your life. Gratitude can make someone's day or even a life-changing life. Your willingness to put it to words, even embarrassingly, is all you need.45 Learn to dance freely. Even if it is only when no one is looking, learn to allow yourself to be free and enjoy every move.46 Don't rest on your laurels. Keep yourself motivated and move forward. Try to make sense of each day. It's important to remember that we all have a sense within us.48 Learn to apologize. Apologies don't always mean you're wrong, and the other person is right - sometimes it just means you value your relationship more than your ego.49 Boldly challenge yourself. If he doesn't challenge you, he won't change you.50 Treat yourself to a personal day of health. Take a day off and have a massage, eat great food, do nothing, take a walk, sweat, whatever you do - treat yourself to what makes you happy.51. Be your best friend. It's much better than being your worst enemy.52 Invent yourself. Life is not about finding yourself; life will always be about creating yourself. Last updated September 30, 2020, we often hear people talk about the importance of living in the present and how it will benefit us. All this sounds great, especially lower levels of stress and anxiety, but how exactly can we live in a moment when our minds are constantly worrying about the past or plans for the future? In this article, we'll discuss some of the benefits of living at a time when you may not know. Then we look at some obstacles and why we are worried. Finally, and most importantly, I'll show you how to live in the moment and stop worrying using some simple practices that you can easily incorporate into your busy schedule. The result: a happier and more fulfilling life. The importance of living in a moment of secret health to the mind and body is not to mourn the past, worry about the future, or anticipate trouble, but to live in the present moment wisely and sincerely. -Buddha However it can be difficult to live in the moment, it has countless advantages. Here are just a few that will contribute to your life tremendously: Better health By reducing stress and anxiety, you avoid many related health effects such as high blood pressure, heart disease, and obesity. Studies have shown that being present can also improve psychological well-being. Improve your relationship have you ever been with someone who is physically present but mentally with/le a million miles away? Being with inaccessible people is a struggle, and it is extremely difficult to build a relationship with them. How about being with someone who is fully present? We like to be with her/with him because we make a much deeper connection. Living at the moment, the moment it may be that the person other people love to be with and you make the relationship much easier. Big self-control You have more control over your mind, body and emotions. Imagine how much better your life would be if it weren't for racing wit and unpredictable emotions. You will certainly be bigger in the world, and much happier. Why are we worried? Before answering this question, it is important to distinguish between anxiety and anxiety. When we are concerned about something, we are most likely dealing with a real problem with realistic solutions. Then, as soon as we do everything we can to solve this problem, we are ready to live with the result. Anxiety, on the other hand, involves unrealistic thinking. We can worry about a problem that doesn't really exist, or dwell on all the bad things that can happen as a result. Then we feel unable to cope with the solution. In any case, we are struggling to deal with the uncertainty that is a normal part of life. Of course, some of our problems may not have desirable outcomes, such as a serious health problem. Some problems may be beyond our control, such as civil unrest or economic downturn. In such cases, it can be difficult to avoid anxiety, but not impossible. 3 Steps to Start Living in momentStep 1: Overcome anxiety In order to overcome anxiety, we must do two things: Calm your mind when you calm your mind, you can see more clearly. The reason that some problems seem so complex is that our mind is hurtling so fast that we can't see things for what they really are. Then we compile a bunch of possible scenarios in our mind, most of which are unlikely to come true. In addition to seeing more clearly, a calm mind will help us think more realistically. Unrealistic thinking is fueled by confusion and uncontrollable emotions. By calming your mind, it will reduce confusion and soothe your emotions, allowing you to live in the present. Focus on solutions rather than problems, some people tend to be more solution-oriented, while others are more problem-oriented. Some of the factors that can determine are gender, upbringing and education. People with a large education tend to solve problems. This is what their years of education teach them to do. In addition, their jobs probably reinforce this way of thinking. If you're not problem-solving, don't worry. You can train yourself less to worry. We'll discuss it soon. Step 2: Identify the obstacles to life at a time in today's busy world, it can be a challenge to live in the moment. The reasons revolve around how our mind works, as well as external influences. Racing Mind Many Busy People racing mind that never seems to slow down. Their mind gets so excited by too much sensory stimulation. You see, anything that stimulates any of our five senses will trigger thoughts, and that thought leads to another, and then another, and so on. If you have life, all your actions will overstimulate your mind and make it seemingly impossible to slow it down. Unpleasant situations and unpleasant past None of us wants to be in unpleasant situations, or remember those from the past. They can bring up painful emotions that we don't want to feel. So how do most people cope with painful emotions? By doing our best to avoid them, we can take our minds to a different place and time where things are more enjoyable. In other words, we avoid living in the present moment. Some people resort to things that stimulate sensory pleasure, such as food, alcohol or sex. Others will consume substances that dull their mind and keep them from thinking about unpleasant or stressful situations. The wandering mind from the moment we were born (probably earlier) to the moment of death, our body and mind actively perform some function. Thus, it is natural for our mind to have some level of activity, whether conscious or unconscious. As a rule, the wandering mind is unproductive. One thought begins an endless chain of thoughts, and this process can continue until we need our mind to perform a certain function or distract with something else. Now there are moments when the wandering mind can be productive, for example, when creating works of art or when looking for creative solutions to problems. In such cases, we need our mind to explore various possibilities. Outside of influence, most of us are not fully aware of how our environment and social norms affect our thinking and behavior. People and institutions are constantly competing for our attention. The media draw our attention to the past, and advertising tends to be the future. Many people around us who live on the past or the future are trying to engage us in their way of thinking. Even the whole concept of the American dream is focused on the future. It tells us that if we buy things like a good career, family and home, then we will be happy. Step 3: Practice Mindfulness So how can we live in a moment in a world that is constantly trying to draw our attention to the past and future? Before we get into specific actions that you can take, it is important to understand that mindfulness. You've probably heard the term before, but can't fully understand what it means. Understand mindfulness The concept of mindfulness is actually quite simple. Remembering is about living in the moment. When you remember, your focus is on what is happening at the moment and you are completely in touch with reality. You realize what is going on in your body, mind, emotions and the world around you. It's different from thinking about these things. To develop more understanding, you don't have to think about them so much, but just watch them. This may be illogical for people, especially intellectuals, because they're so used to using logic logic more understanding. With awareness, we soothe our mind and emotions so that we can see more clearly. Then much of our understanding will come from mere observation. When we develop mindfulness, we literally expand our awareness. To develop mindfulness, we need to train to observe things more objectively, that is, without our emotions or preconceived ideas influencing our views. If you are willing to live better, read on for some simple mindfulness practices that you can incorporate into your daily routine to help you live in the moment. You don't have to do all of them, but rather choose the ones that appeal to you and suit your lifestyle. Mindfulness meditation meditation is the basis of the development of awareness and life at the moment. To practice mindfulness meditation, all you really need to do is sit still and follow your breath. When your mind wanders away, just return it to your breath. Notice how your lungs expand with each breath and contract with each of the out-breathing. Let your breath become relaxed and natural. You don't have to do it perfectly. The idea is to start spending time away from the constant sensory stimulation of your entire activity, and just let it calm down naturally. Start 5 to 10 minutes a day and work your way up to about 20 minutes or longer. This practice is very effective and can have both short-term and long-term benefits. If you want to learn more about mindfulness meditation, take a look at this article: What is Mindfulness Meditation? 7 ways to start meditating mindful breathing Although it may sound just like mindfulness meditation, everything you really do takes short breaks from time to time (10 to 15 seconds) to watch your breathing. Stop everything you do and take a little conscious breath and then resume your activities. That's it. You can do mindfulness breathing at any time of the day during your busy schedule. What he does is interrupt the acceleration of your mind. It's like taking your foot off the accelerator while driving. It's a nice refreshing break you can take without anyone noticing. Here are some breathing exercises you can try to learn: 5 Breathing exercises for anxiety (simple

and calm anxiety quickly) Mindful Walking is an activity that you perform several times during the day. We often think we are productive, texting or calling someone while walking. But is it really so? Instead of being on your cell phone or letting your mind wander away, why not use your walking to train yourself, to live in the moment and focus on the task at hand? Remembering walking is like mindfulness of breath. Instead of focusing on your breathing, focus on walking. Pay attention to every step. Also, pay attention to the different movements of the arms, legs and torso. When your mind wanders away, just draw your attention to your feet. You can even do meditation out of walking. That is, walk for a few minutes outside. Start by slowing down. If you slow down your body, your mind will follow. In addition to paying attention to walking, pay attention to trees, sun and critters. The memorable walk is pleasant and can really help your mind calm down. You can discover more of the benefits of walking outdoors here. Mindful of food activities that most of us perform mindlessly. The reason is that it doesn't require your attention to perform. So many of us try to multitask while we eat. We can talk on the phone, text, watch TV, or even hold a meeting. The problem with not eating consciously is that we don't eat what our body and mind have to perform at the optimal level. We can eat junk food, or too much. This can lead to various health problems, especially as we get older. Mindful eating has many health benefits such as reduced food cravings, better digestion, and even weight loss. So how do you eat consciously? Start by slowing down, and avoid the temptation to distract yourself with another activity. Here are three different aspects of eating where you can practice mindfulness: Eating yourself. Focus on choosing the portion of food to insert into your mouth. Notice the smell, aroma and texture as you chew it; then finally swallow it. As after your breathing during meditation, pay close attention to every aspect of your meal. Food Choices: Although you've already chosen food before you start eating, you can still take the opportunity to contemplate your choices. Think about the nutrients your body needs to sustain itself. Contemplating the sources: Most of us don't think about all the work we need to provide us with the food we eat. While you eat, consider all the work of a farmer, shipping company, and grocery store. These are real people who have worked hard to provide you with the food you need for your survival. You can find more tips on mindful eating here: 7 simple steps to mindful eating Mindful activities Select activities you perform regularly, such as washing dishes. Focus all your attention on this activity, and resist the temptation to let your mind wander. When this happens, just draw your attention to washing dishes. Notice some specific movements or sensations of washing dishes, such as how soapy water feels on your hands, circular motion cleaning dish, or rinsing. You will be surprised at how such worldly activity can really expand your consciousness. You can choose any activity that you like, such as ironing, folding clothes, mowing lawn, or shower. With you will start doing all these activities with greater awareness. The final Thoughts Practicing care is how to regularly put a small amount of change in the bank. They all add up over time and it's this add up to more peace and happiness, and get you closer to achieving your goals. Remember that you don't have to do mindfulness practices perfectly to get benefits. All you have to do is keep bringing your mind back to the present moment when it wanders away. The practice of mindfulness can be a bit of a challenge at the beginning, but I can assure you that it will be easier. The benefits of living at the moment are within your reach, no matter how much your mind is hurtling. If you stick to these mindfulness practices, you too will learn how to live in the moment and stop worrying. When you do, a whole new world will open up for you. This is what zen master Thich Nhat Khan calls the ultimate reality. Read more about life in present Featured photo credit: Smile Su via unsplash.com unsplash.com counting worksheets 1-30 for kindergarten

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