



## Custom Spiral Hardcover Notebook with Logo Printing A5 Size

### Our Product Introduction

#### Basic Information

- Place of Origin: china
- Brand Name: Join-in Printing
- Certification: fsc
- Model Number: Custom Notebook
- Minimum Order Quantity: 500
- Price: negotiate the price
- Packaging Details: White cardboard
- Delivery Time: 10-15
- Payment Terms: T/T, Western Union, PayPal, etc.
- Supply Ability: 500000

Weekly Plan Page & Monthly Plan Page



#### Product Specification

- Weight: Standard
- Style Feature: Elegant, Vintage, Artistic
- Paper Layout: Lined, Dot-Grid
- Target Audience: Professionals, Students, Artists
- Personalization Option: Logo Printing, Custom Cover Art
- Color Scheme: Monochrome, Pastel, Bold
- Size: A5
- Design Technique: Embossed
- Highlight: custom spiral hardcover notebook A5, spiral hardcover notebook with logo, A5 hardcover notebook logo printing



Product Description

Vintage Personalized Notebook for Business Professionals and Executives

Premium Custom Notebook Features

Elevate your note-taking experience with our Spiral Hardcover Notebook, offering premium quality and complete customization options for professionals, students, and artists.

Key Specifications

Attribute	Value
Weight	Standard
Style Feature	Elegant, Vintage, Artistic
Paper Layout	Lined, Dot-Grid
Target Audience	Professionals, Students, Artists
Personalization Option	Logo Printing, Custom Cover Art
Color Scheme	Monochrome, Pastel, Bold
Size	A5
Design Technique	Embossed

Product Highlights

- Sturdy screw-binding for enhanced durability
- Choice of hardcover or softcover designs
- Premium quality paper resistant to ink bleed-through
- Elegant embossed design technique
- Standard weight for easy portability

Technical Parameters

Feature	Specification
Material	High-quality paper
Usage Scenario	Business, Travel, Academic, Journal
Binding Type	Screw-Binding, Hardcover, Softcover
Durability	High

Customization Options

Personalize your notebook with:

- Company logo printing for professional branding
- Custom cover art for unique personal expression
- Choice of lined or dot-grid paper layouts
- Selection from monochrome, pastel, or bold color schemes

Ordering Information

**Minimum Order Quantity:** 500 units

**Delivery Time:** 10-15 days

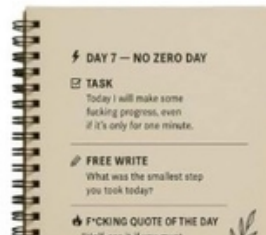
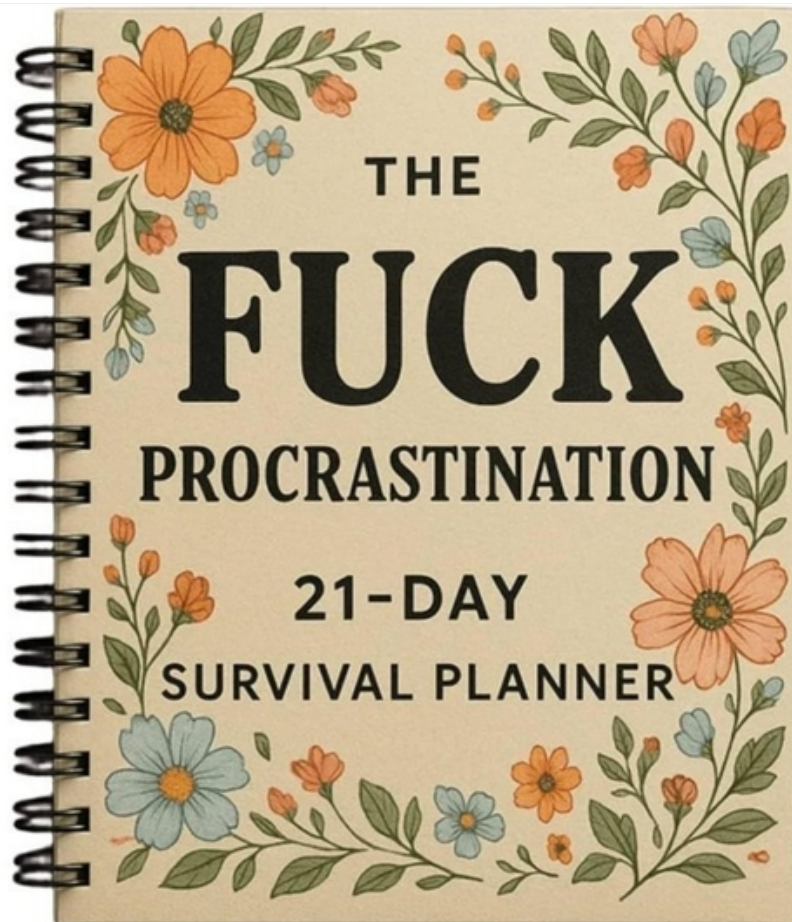
**Payment Terms:** T/T, Western Union, PayPal

**Packaging:** White cardboard

**Certification:** FSC certified

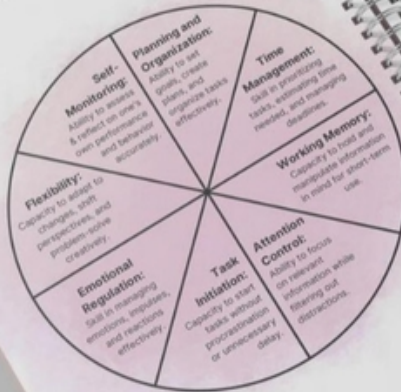
Product Gallery







## Executive Function Wheel



## Tips For Improving Executive Functioning

**Break Tasks into Manageable Steps:**  
Divide larger tasks into smaller, more manageable steps to reduce overwhelm and improve organization.

**Use Visual Aids and Timelines:**  
Utilize calendars, planners, or digital tools to create visual timelines and reminders for tasks and deadlines.

**Practice Time Management Techniques:**  
Use techniques such as setting timers, prioritizing tasks, and breaking down time blocks to improve time management skills.

**Develop Routines and Structures:**  
Establish daily routines and structures to create predictability and reduce decision-making fatigue.

**Exercise Regularly:**  
Engage in physical activity to improve focus, concentration, and overall cognitive function.

**Mindfulness and Relaxation Techniques:**  
Practice mindfulness or relaxation techniques to reduce stress and improve emotional regulation.

**Seek Support and Accountability:**  
Enlist the help of friends, family, or a coach to provide support, encouragement, and accountability.

**Breaks and Rewards:**  
Take regular breaks during tasks to prevent mental fatigue and reward yourself for completing milestones.

**Practice Self-Reflection:**  
Reflect on your strengths and areas for improvement regularly to identify strategies that work best for you.

**Seek Professional Help:**  
Consider seeking guidance from a therapist, coach, or specialist to develop personalized strategies for improving executive functioning skills.



# ENTRYWAY Deep Clean

## TASKS

- Declutter Entryway items and sort what to keep, store, or discard.
- Wipe down walls, around light switches and door frames with a damp cloth to remove any dirt or marks.
- Clean windows inside and out with glass cleaner. Wipe down window sills and tracks.
- Clean mirrors with glass cleaner, ensuring a streak-free finish.
- Wipe down the front door with an all-purpose cleaner. Clean the doorknob or handle & the area around it.
- Sweep or vacuum the floor, corners and under furniture.
- Mop the Floor
- Shake out or vacuum floor mats and rugs
- Empty out shoe racks and storage units. Wipe them down with an all-purpose cleaner.
- Wipe down benches or seating areas. Clean any cushions or upholstery as needed.
- Dust all decorative items, vases, and knick-knacks.
- Dust and clean picture frames and artwork.
- Remove and clean air vent covers. Dust and vacuum inside the vents if possible.
- Dust and clean light fixtures. Replace burnt-out bulbs.
- Empty and clean the umbrella stand
- (Add Yours)
- (Add Yours)
- (Add Yours)
- (Add Yours)
- (Add Yours)
- (Add Yours)
- (Add Yours)
- (Add Yours)

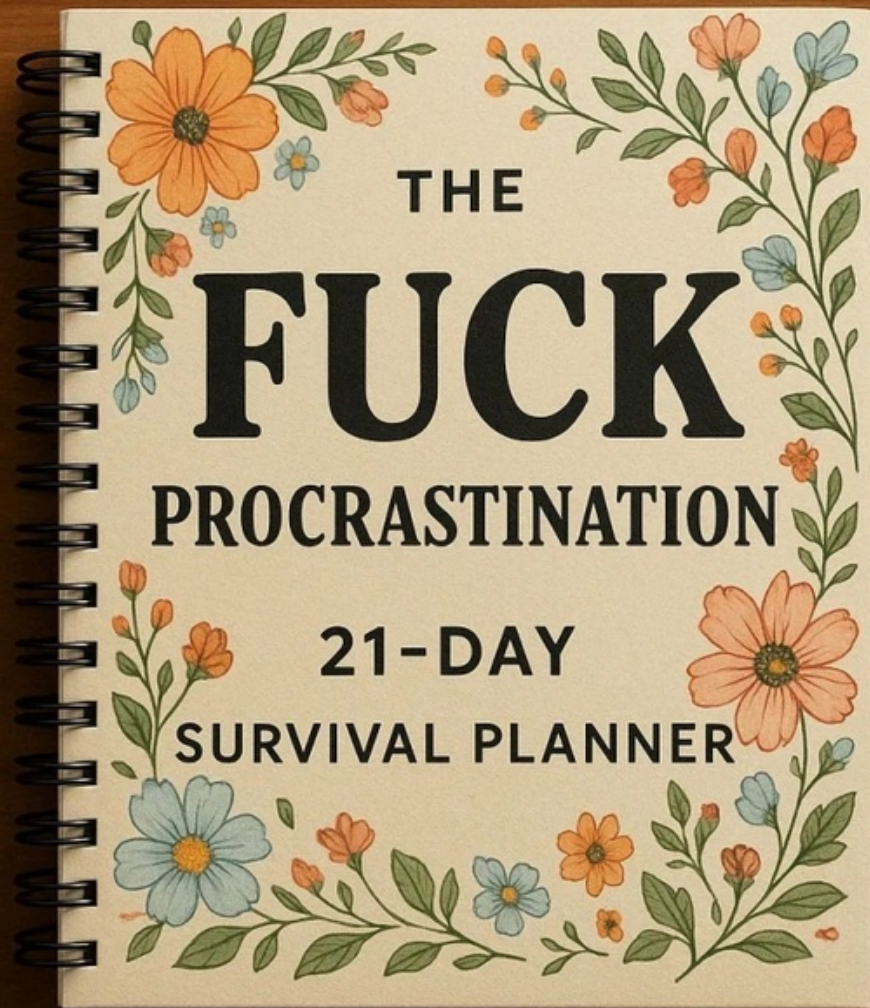
## ITEMS TO REPLACE

- Replace Rugs/Mats
- Replace Light/Bulb
- Replace Items in Bins/Cabinets

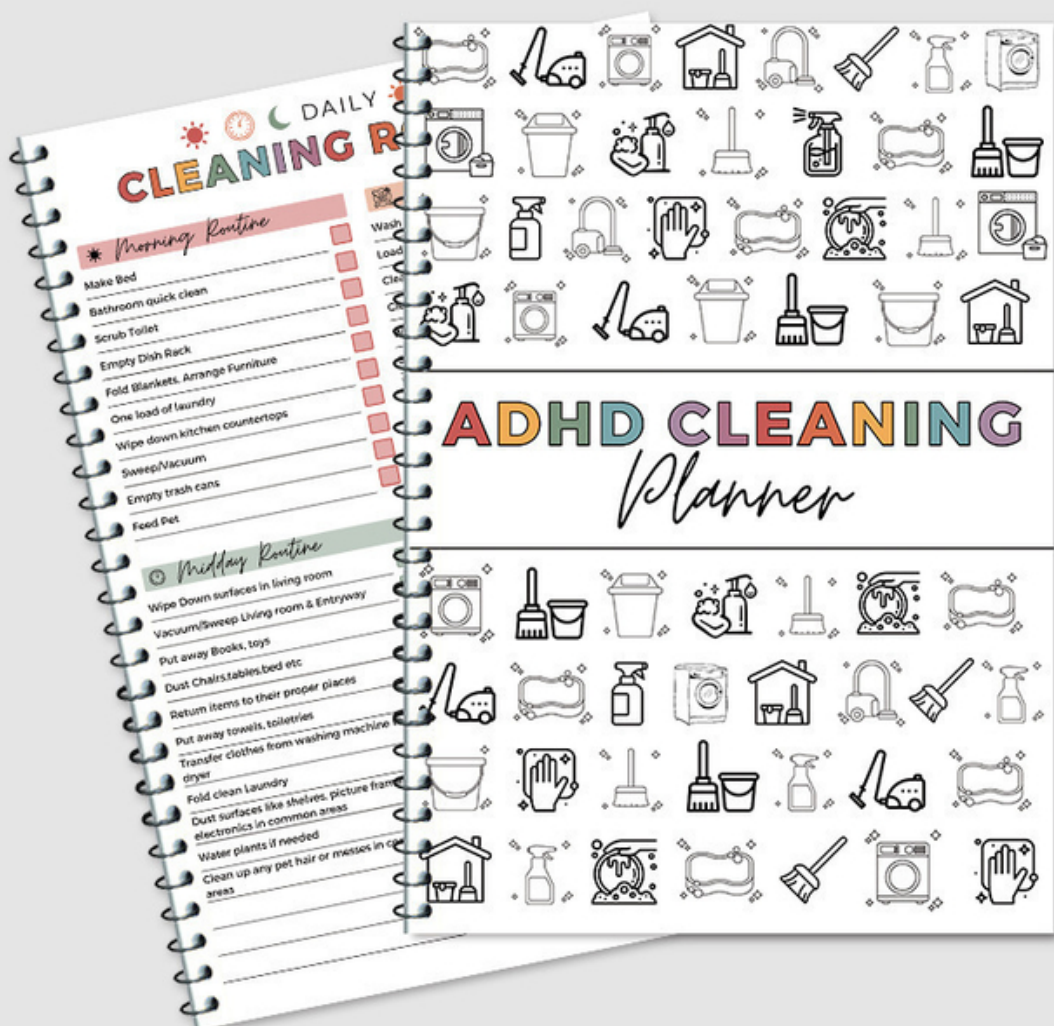
## NOTES

- Declutter the cleaning area
- Gather all cleaning Supplies
- Set Timer for Focus cleaning

















**GUANGZHOU YM PACKAGE PRODUCTS CO.,LTD.**



+86 18613134004



fridachinaprinting@gmail.com



ymcmk.com

F1 2, Building A2, Er she xiamao, New industrial district, Baiyun District, Guangzhou, China