

Schedule planner 2020 schedule book 2020 with pen File PDF

Enhance Your Productivity with the Schedule Planner 2020 Schedule Book 2020 with Pen

Schedule planner 2020 schedule book 2020 with pen has become an essential tool for professionals, students, and anyone looking to organize their year effectively. In an age dominated by digital devices, a physical planner offers a tactile experience that many find more engaging and less distracting. The 2020 schedule books, especially those that come with a pen, combine convenience, style, and functionality to help you stay on top of your commitments. Whether you want to plan your daily tasks, set long-term goals, or keep track of important dates, a well-designed schedule book can transform your approach to time management.

In this comprehensive guide, we explore the benefits of using a schedule planner for 2020, what features to look for, and how to maximize its potential throughout the year. From choosing the right layout to leveraging the included pen, this article aims to help you make an informed decision and keep your 2020 organized and productive.

Why Choose a Physical Schedule Planner for 2020?

The Tangible Advantage of Paper Planning

While digital calendars are popular, physical planners offer unique benefits:

- Reduced Distractions: No notifications or pop-ups?just you and your schedule.
- Enhanced Memory Retention: Writing things down helps reinforce your memory.
- Personalization: Customize your planner with stickers, notes, and doodles.
- Aesthetic Appeal: Many planners are designed with stylish covers and layouts, making planning enjoyable.

Benefits of a 2020 Schedule Book with Pen

A schedule book that includes a pen simplifies your planning process:

- Convenience: Always have a pen on hand to jot down appointments instantly.

- Consistency: Using the same pen provides a uniform look and feel.
- Improved Handwriting: Regular use encourages better writing habits.
- Reduced Clutter: No need to carry separate pens or search for one.

Features to Look for in a 2020 Schedule Planner

Design and Layout

The layout determines how easily you can organize your schedule:

- Daily Layout: Offers ample space for detailed daily plans, ideal for busy schedules.
- Weekly Layout: Shows a week at a glance, great for balancing short-term tasks.
- Monthly Calendar: Provides an overview of the month, useful for long-term planning.
- Hybrid Layouts: Combine weekly and monthly views for flexibility.

Size and Portability

Choose a size that fits your lifestyle:

- Pocket-sized: Easy to carry everywhere, perfect for students and commuters.
- A5 Size: Balances space and portability?good for most users.
- Desk-sized: Larger pages for detailed planning, suitable for home or office.

Durability and Cover Material

Your planner should withstand daily use:

- Hardcover: Offers protection and a professional look.
- Softcover: Lightweight and flexible, easier to carry.
- Water-resistant material: Keeps pages safe from spills.

Additional Features

Enhance your planning experience with extra elements:

- Habit Trackers: Monitor daily habits and routines.
- Goals Sections: Set and review your objectives.

- Notes Pages: Jot down ideas or reminders.
- Tabs and Dividers: Quickly navigate between months or sections.
- Stickers and Inserts: Personalize and organize your planner creatively.

Choosing the Perfect 2020 Schedule Book with Pen

Top Brands and Options

Several brands offer high-quality 2020 planners bundled with pens:

- Erin Condren: Known for customizable layouts and vibrant designs.
- Moleskine: Sleek, minimalist planners with durable covers.
- Leuchtturm1917: Features numbered pages and excellent paper quality.
- Passion Planner: Focuses on goal setting and motivation.
- Day-Timer: Classic designs with practical features.

Matching Your Style and Needs

Consider your personal preferences:

- Professional look: Choose neutral colors and minimalistic designs.
- Creative expression: Opt for colorful covers and sticker pages.
- Functionality: Prioritize planners with specialized sections like goal trackers.
- Budget: Find options that offer the best value within your price range.

Pen Selection Tips

The pen included with your planner can significantly impact your writing experience:

- Gel Pens: Smooth writing, vibrant ink, and quick-drying.
- Ballpoint Pens: Reliable and less prone to smudging.
- Fine Tip Pens: Ideal for detailed notes and small handwriting.
- Eco-friendly Options: Refillable pens or those made from sustainable materials.

Maximizing Your 2020 Schedule Planner

Effective Planning Strategies

Make the most of your schedule book with these tips:

- Set Clear Goals: Define what you want to achieve each month.
- Prioritize Tasks: Use color-coding or symbols to highlight urgent items.
- Daily Review: Spend 5-10 minutes each morning or evening updating your planner.
- Break Down Big Tasks: Divide complex projects into smaller steps.
- Use Reminders: Mark important deadlines and appointments prominently.

Incorporate Personalization

Adding personal touches can motivate you:

- Use stickers for celebrations or milestones.
- Write motivational quotes to stay inspired.
- Attach photos or memorabilia for a personalized feel.

Keep Your Planner Accessible

Consistency is key:

- Carry your planner everywhere if possible.
- Keep the pen attached or nearby.
- Use a dedicated bag or folder for your planner and accessories.

Popular 2020 Schedule Book with Pen Options

Recommended Picks for 2020

Here are some popular planners bundled with pens:

- Erin Condren LifePlanner with Pen Set: Known for customization and vibrant colors.
- Moleskine Weekly Planner with Fineline Pen: Sleek and professional.
- Leuchtturm1917 Weekly Planner with Refillable Pen: High-quality paper and durable cover.
- Passion Planner with Gel Pen: Focuses on goal achievement.
- Day-Timer Classic Planner with Ballpoint Pen: Traditional design with practical features.

Where to Buy

You can find these planners at:

- Online retailers like Amazon, Etsy, and official brand websites.
- Stationery stores and specialty shops.
- Office supply stores for in-store browsing.

Conclusion: Make 2020 Your Most Organized Year

Choosing the right schedule planner 2020 schedule book 2020 with pen can transform how you manage your time and achieve your goals. Opt for a layout and design that suits your lifestyle, invest in a durable and stylish cover, and select a pen that feels comfortable and writes smoothly. Remember, the key to successful planning is consistency?regularly updating your planner and making it a part of your daily routine.

With the right tools and strategies, your 2020 can be a year of productivity, growth, and achievement. Embrace the tactile pleasure of writing in a beautiful planner, and watch as your organization skills flourish. Start planning today, and ensure every day of 2020 counts!

Schedule planner 2020 schedule book 2020 with pen has become an essential tool for professionals, students, and anyone seeking to organize their time effectively. As the new decade dawned, many turned to these comprehensive planning solutions to set goals, track appointments, and stay on top of daily tasks. Combining a physical planner with a pen offers a tactile and reliable way to manage schedules, encouraging mindfulness and commitment to one?s goals. In this guide, we?ll explore the features, benefits, and tips for choosing and using a schedule planner 2020 schedule book with pen, helping you make the most of your planning experience.

Why Choose a Schedule Planner 2020 Schedule Book 2020 with Pen?

In an era dominated by digital calendars and apps, the appeal of a physical schedule planner 2020 schedule book 2020 with pen remains strong. Here?s why:

- **Tangible Engagement:** Writing by hand enhances memory retention and focus.
- **Customization:** Physical planners often allow for personalized layouts, stickers, and notes.
- **Reduced Distractions:** Unlike digital devices, a planner with a pen minimizes notifications and interruptions.
- **Aesthetic Appeal:** Many planners are designed with stylish covers and layouts, making planning a visually pleasing activity.

Key Features to Consider in a 2020 Schedule Book with Pen

When selecting a planner for 2020, consider the following features to ensure it aligns with your needs:

- Layout and Design

- Daily, Weekly, or Monthly Views: Decide whether you prefer seeing your entire month at a glance, detailed daily plans, or weekly overviews.
- Blank or Structured Pages: Some planners offer lined, dotted, or grid pages for flexibility, while others have pre-designed sections.
- Size and Portability: Choose a size that fits your lifestyle?compact for portability or larger for more writing space.

- Durability and Quality

- Cover Material: Leather, faux leather, or sturdy cardboard with protective coating.
- Paper Quality: Thick paper prevents ink bleed-through, especially if you use pens.
- Binding Type: Spiral-bound for easy flipping or perfect-bound for a sleek look.

- Additional Features

- Pocket or Sleeve: For storing notes, receipts, or small accessories.
- Tab Dividers: To quickly navigate between months or sections.
- Inbuilt Calendar or Reference Pages: Yearly overviews, contacts, or goal-setting pages.

- Pen Compatibility

- Included Pen: Some packages come with a matching pen, often designed to complement the planner's aesthetic.
- Pen Type: Consider whether a ballpoint, gel, or fountain pen suits your writing style.
- Pen Holder or Loop: To keep your pen secure and readily available.

Benefits of Using a Schedule Planner 2020 Schedule Book with Pen

Integrating a pen into your planning routine offers several advantages:

- Enhanced Memory and Recall: Handwriting reinforces learning and helps you remember appointments better.
- Flexibility: No need for batteries or connectivity; you can write anywhere.
- Creativity and Personalization: Use colors, doodles, and stickers to make planning engaging.
- Mindfulness and Reflection: The act of writing slows down your thought process, fostering reflection and focus.

How to Maximize Your 2020 Schedule Book with Pen

To get the most out of your schedule planner 2020 schedule book 2020 with pen, follow these practical tips:

- Set Clear Goals

Identify what you want to achieve with your planner?whether it?s better time management, habit tracking, or goal setting.

- Establish a Routine

Designate a specific time each day to review and update your planner, such as morning planning or evening reflection.

- Use Color Coding

Assign colors to different categories?appointments, deadlines, personal tasks?to enhance visual clarity.

- Incorporate Flexibility

Leave some blank space for spontaneous ideas, notes, or unexpected events.

- Review Regularly

At the end of each week or month, review your progress and adjust your plans accordingly.

- Personalize Your Planner

Add stickers, motivational quotes, or drawings to keep your planning process inspiring and enjoyable.

Popular Types of 2020 Schedule Books with Pen

Here are some popular styles and brands that combine functionality with aesthetics:

- Classic Leather-bound Planners: Durable, elegant, suitable for professional settings.
- Minimalist Designs: Sleek layouts with simple fonts and subtle colors.
- Fashion-forward Covers: Trendy patterns, vibrant colors, and unique textures.
- Eco-friendly Options: Made from recycled materials, appealing to environmentally conscious users.

Reviews of Top 2020 Schedule Books with Pen

- Moleskine Weekly Planner with Pen

- Pros: High-quality paper, minimalist design, portable size.
- Cons: Slightly expensive; limited customization.

- Leuchtturm1917 Dotted Notebook with Pen Loop

- Pros: Thick pages, various color options, pen loop included.
- Cons: Larger size may be less portable.

- Day Designer Weekly & Daily Planner with Pen

- Pros: Functional layout, motivational quotes, includes pen.
- Cons: Heavier, bulkier.

- Personal Planner Customizable Schedule Book
- Pros: Fully customizable sections, eco-friendly materials.
- Cons: Requires more setup time.

Tips for Caring for Your Schedule Planner 2020 Schedule Book with Pen

To ensure your planner remains in good condition throughout the year:

- Keep it stored in a dry, cool place.
- Use a protective cover if traveling frequently.
- Replace the pen if it runs out or leaks.
- Consider using a ruler or sticky notes for neatness.

Final Thoughts: Making Planning a Daily Ritual

Investing in a schedule planner 2020 schedule book 2020 with pen can dramatically improve your productivity and reduce stress. The tactile experience of writing by hand, combined with a thoughtfully designed planner, encourages consistency and mindfulness. Whether you prefer a sleek professional look or a colorful, creative journal, the right planner can motivate you to achieve your goals and stay organized throughout the year.

In 2020, embrace the art of planning?set your schedule, jot down your aspirations, and take control of your time with a trusted planner and pen by your side.

Question What are the key features of the Schedule Planner 2020 with a pen? The Schedule Planner 2020 with a pen offers a comprehensive annual layout, monthly and weekly views, durable cover, high-quality paper, and an included pen for convenience and easy note-taking. **Answer** How can the Schedule Book 2020 help improve my organization? It provides structured space for appointments, tasks, and goals, helping you stay organized, manage time effectively, and increase productivity throughout the year. Is the Schedule Planner 2020 suitable for students and professionals? Yes, its versatile design caters to both students and professionals by offering customizable layouts and ample space for scheduling, reminders, and important notes. What makes the Schedule Planner 2020 with pen a good gift option? Its practical design, stylish appearance, and included pen make it a thoughtful gift for anyone looking to stay organized and motivated in the new year. Can I use the Schedule Book 2020 for goal setting and habit tracking? Absolutely, many planners include dedicated sections for goal setting, habit tracking, and reflections to help you stay focused and monitor progress. Is the Schedule Planner 2020 available in different designs or colors? Yes, it often comes in various designs, colors, and cover styles to suit personal preferences

and make planning more enjoyable. Does the Schedule Planner 2020 with pen include any additional features like stickers or tabs? Some versions include bonus features such as stickers, tabs, or pockets to enhance organization and personalize your planning experience.

Related keywords: planner, organizer, calendar, diary, agenda, notebook, daily planner, weekly planner, datebook, writing pen

BE WITH

be with is a phrase that resonates deeply across different aspects of life?whether in relationships, personal growth, or day-to-day interactions. It encapsulates the idea of presence, companionship, and emotional connection. Understanding the multifaceted meaning of "be with" can help individuals foster stronger relationships, improve their mental well-being, and cultivate a more mindful approach to life. In this comprehensive guide, we will explore the various dimensions of "be with," including its significance in relationships, its role in self-awareness, and practical ways to embody this concept in everyday life.

Understanding the Meaning of "Be With"

The phrase "be with" is versatile and context-dependent. At its core, it signifies being present, sharing experiences, and forming bonds with others or oneself. It can imply:

- Emotional connection: Being emotionally available and attentive.
- Physical presence: Spending time together in person.
- Mindfulness: Being fully present in the moment.
- Supportiveness: Offering companionship during difficult times.
- Acceptance: Embracing oneself or others without judgment.

Recognizing these facets helps to appreciate the depth and importance of "be with" in fostering meaningful relationships.

The Significance of "Be With" in Relationships

Relationships are the foundation of human experience, and "being with" someone is central to creating trust, intimacy, and mutual understanding. Whether romantic, familial, or friendship-based, the act of simply being with another person can have profound effects.

Emotional Presence and Connection

Being with someone emotionally involves more than just physical proximity. It requires active listening, empathy, and genuine interest. When you "be with" someone emotionally, you:

- Validate their feelings.
- Offer a safe space for expression.
- Demonstrate understanding and compassion.

This emotional presence strengthens bonds and fosters a sense of security.

Physical Presence and Quality Time

Spending quality time together is essential in nurturing relationships. Being with someone physically can involve:

- Sharing meals.
- Going for walks.
- Engaging in shared hobbies.
- Simply sitting in silence, appreciating each other's company.

These moments create memories and deepen connections.

The Role of "Be With" in Building Trust

Trust develops when individuals feel genuinely "with" each other. Consistency, attentiveness, and authenticity are key. When you show up for someone consistently and are present in their life, you cultivate a foundation of trust and reliability.

Practicing "Be With" in Your Daily Life

Integrating the concept of "be with" into daily routines can enhance your relationships and personal well-being. Here are practical ways to embody this idea:

Mindfulness and Presence

- Practice mindfulness meditation to increase your awareness of the present moment.
- During conversations, focus fully on the speaker without distractions.

- Limit multitasking when spending time with others.

Active Listening

- Listen attentively without planning your response.
- Nod or provide affirmations to show engagement.
- Reflect back what you've heard to ensure understanding.

Offering Support and Compassion

- Be available during others' challenging times.
- Show empathy through words and actions.
- Avoid judgment or unsolicited advice; sometimes, just being there is enough.

Self-Reflection and Self-Compassion

- Be with yourself by practicing self-awareness.
- Acknowledge your feelings without suppression.
- Engage in self-care routines that nourish your mind and body.

The Spiritual and Philosophical Aspects of "Be With"

Beyond relationships, "be with" also has spiritual and philosophical connotations. It emphasizes unity, presence, and acceptance of the flow of life.

Being Present in the Moment

Practicing presence aligns with mindfulness philosophies. It encourages individuals to:

- Let go of past regrets and future anxieties.
- Embrace the current experience fully.
- Cultivate gratitude for the present.

Acceptance and Non-Judgment

"Be with" entails accepting situations and people as they are, fostering a sense of peace and understanding.

Unity and Connection

Recognizing that we are interconnected encourages compassion and empathy, emphasizing that "being with" others is part of the human experience.

Common Challenges in Practicing "Be With"

While the concept is simple in theory, it can be challenging to embody consistently. Common obstacles include:

- Distractions and digital interruptions.
- Emotional barriers like fear, mistrust, or past hurt.
- Time constraints and busy schedules.
- Personal insecurities or self-doubt.

Overcoming these challenges requires intentional effort and practice.

Tips to Enhance Your Ability to "Be With" Others and Yourself

- Set boundaries to ensure quality interactions.
- Practice active mindfulness in daily activities.
- Engage in reflective journaling to understand your feelings.
- Prioritize quality over quantity in relationships.
- Learn to listen without judgment and offer genuine support.

Conclusion: Embracing the Power of "Be With"

"Be with" is more than just a phrase; it embodies a philosophy of presence, connection, and acceptance. Whether in nurturing intimate relationships, supporting friends and family, or fostering a healthier relationship with oneself, embodying "be with" can lead to more meaningful, fulfilling experiences. By cultivating mindfulness, compassion, and genuine engagement, you can enrich your life and the lives of those around you. Remember, at its heart, "be with" reminds us that true connection begins with being fully present—an act that has the power to transform relationships and inner peace alike.

Be With: An In-Depth Exploration of Connection, Presence, and Meaning

In an era defined by rapid technological change, social upheaval, and shifting cultural norms, the concept of "be with" has taken on profound significance. Far beyond its simple grammatical

structure, "be with" encompasses themes of companionship, mindfulness, emotional intimacy, and existential presence. This long-form exploration aims to dissect the multifaceted nature of "be with", examining its psychological, philosophical, and cultural dimensions, and offering insights into how this phrase influences human experience.

Understanding the Phrase "Be With": Definitions and Variations

At its core, "be with" is a versatile phrase whose meaning shifts depending on context. It can denote:

- Presence and companionship: Being physically or emotionally alongside someone.
- Acceptance and mindfulness: Embracing the present moment or one's current state.
- Relationship commitment: The act of being in a romantic, familial, or platonic partnership.
- Alignment and harmony: Living in accordance with one's values or the natural flow of life.

These variations reveal that "be with" is less about a static state and more about a dynamic process of engagement, connection, and authentic existence.

The Psychological Dimension of "Be With"

Presence and Mindfulness

One of the most profound interpretations of "be with" is rooted in mindfulness practices. To be with oneself or others in the present moment fosters emotional resilience, reduces stress, and enhances well-being. Mindfulness-based therapies encourage individuals to be with their thoughts, feelings, and sensations without judgment, cultivating a sense of inner peace.

Key aspects include:

- Acceptance: Allowing emotions to be present without suppression or avoidance.
- Non-attachment: Recognizing transient thoughts and feelings without clinging.
- Compassion: Extending kindness inwardly and outwardly.

Research indicates that practicing "being with" one's emotions can improve mental health, bolster emotional intelligence, and deepen interpersonal relationships.

Attachment and Connection in Relationships

In romantic and platonic contexts, "be with" signifies emotional availability and genuine connection. Healthy relationships often hinge on the ability to be with another person authentically?listening,

empathizing, and sharing vulnerabilities.

Studies in attachment theory reveal that individuals who are comfortable being with their partner's emotions tend to report higher relationship satisfaction. Conversely, avoidance of being with difficult feelings or conflicts can erode intimacy.

Common themes include:

- Empathy: Truly listening and understanding the other.
- Presence: Giving undivided attention.
- Mutual vulnerability: Sharing fears, hopes, and insecurities.

Philosophical and Cultural Perspectives on "Be With"

Existential Philosophy and the Art of "Being"

Existential philosophers like Jean-Paul Sartre and Martin Heidegger emphasize the importance of authentic existence?being with oneself and the world in a genuine manner. Heidegger's concept of Dasein ("being there") underscores the necessity of authentic presence and awareness.

In this context, "be with" involves:

- Living intentionally.
- Facing mortality and the transient nature of life.
- Cultivating a sense of connectedness with existence itself.

This philosophical outlook encourages individuals to be with their authentic selves, embracing both their limitations and potentials.

Cross-Cultural Interpretations

Different cultures have unique perspectives on "be with":

- Japanese: The concept of "wa" emphasizes harmony and being with others in a way that fosters social cohesion.
- African: The idea of Ubuntu ? "I am because we are" ? highlights communal existence and interconnectedness.
- Indigenous Cultures: Often stress living in harmony with nature and the community, embodying

the essence of being with the environment and others.

These cultural paradigms show that "be with" is integral to collective identity and societal functioning.

The Role of "Be With" in Modern Society

Digital Age and the Challenge of Connection

In a world saturated with social media, the act of being with has transformed dramatically. Virtual interactions can create a paradoxical sense of loneliness amid connectivity. The superficiality of online engagements can hinder genuine presence and authentic connection.

Challenges include:

- Superficial interactions: Likes and comments replacing meaningful conversations.
- Distraction: Constant notifications preventing mindfulness.
- Emotional disconnection: An inability to be with difficult feelings or conflicts.

However, the digital realm also offers opportunities for deeper being with others through virtual support groups, mindfulness apps, and online communities that encourage authentic sharing.

Therapeutic and Wellness Practices Centered on "Being With"

Contemporary therapeutic approaches increasingly emphasize "being with" as a foundational principle:

- Mindfulness-Based Stress Reduction (MBSR): Encourages participants to be with their sensations and thoughts.
- Compassion-Focused Therapy: Teaches clients to be with their emotional vulnerabilities.
- Somatic therapies: Focus on bodily awareness, fostering a sense of being with one's physical experience.

These practices aim to cultivate acceptance, resilience, and emotional depth.

Practical Applications and Exercises to Cultivate "Be With"

To integrate "be with" into daily life, consider the following exercises:

- Mindful Breathing

Focus on your breath for five minutes, observing sensations without judgment.

- Emotion Journaling

Write down feelings as they arise, allowing yourself to be with each emotion fully.

- Active Listening

When engaging with others, practice silent presence, resisting the urge to interrupt or judge.

- Nature Immersion

Spend time outdoors, consciously observing your surroundings to be with the natural world.

- Body Scan Meditation

Systematically bring awareness to different parts of your body, fostering physical and emotional presence.

Consistent practice of these exercises can deepen your capacity to be with yourself and others authentically.

Critiques and Limitations of "Be With"

While "be with" offers numerous benefits, it is not without challenges:

- Emotional Overwhelm: Fully being with difficult feelings can be distressing without adequate support.
- Cultural Variability: Not all cultures prioritize or interpret "be with" similarly, influencing its applicability.
- Misinterpretation: Overemphasis on being with can lead to avoidance of necessary action or change.

Balancing being with and proactive engagement is essential for healthy functioning.

Conclusion: Embracing the Power of "Be With"

The phrase "be with" encapsulates a profound approach to life—one rooted in presence, connection, acceptance, and authenticity. Whether viewed through psychological, philosophical, or cultural lenses, "be with" invites us to slow down, embrace the moment, and cultivate genuine relationships with ourselves, others, and the world.

In a society often driven by speed and superficiality, mastering the art of "being with" can serve as a pathway to deeper fulfillment, resilience, and meaningful existence. It challenges us to confront our inner landscapes and external realities with honesty and compassion, ultimately fostering a richer, more connected human experience.

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In embracing "be with", we open ourselves to a richer, more authentic existence—one that celebrates presence over perfection, connection over distraction, and being over doing.

Question What does it mean to be with someone in a relationship? Being with someone in a relationship typically means sharing a committed, mutual connection, often involving emotional intimacy, support, and companionship. How can I be with someone who lives far away? To be with someone long-distance, focus on regular communication, trust, setting shared goals, and planning visits to maintain your bond despite the physical distance. What are some ways to be with yourself and practice self-love? Being with yourself involves self-reflection, engaging in activities you enjoy, practicing mindfulness, and prioritizing your well-being to foster self-love and acceptance. How does being with family influence our mental health? Being with family provides emotional support, a sense of belonging, and stability, which can positively impact mental health, though unhealthy dynamics may have adverse effects. What does it mean to be with someone in a supportive way? Being with someone supportively involves listening, understanding their feelings, offering help when needed, and being present during both good and challenging times. How can I be with my friends more meaningfully? To be with friends meaningfully, prioritize quality time, active listening, sharing experiences, and showing genuine care and interest in their lives. What are some signs that someone truly wants to be with you? Signs include consistent communication, making time for you, showing interest in your life, supporting you, and demonstrating trust and respect in the relationship.

Related keywords: companionship, presence, together, accompany, stay, unite, connect, associate, link, join

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