

WEEKEND CHECKLIST

SOCIALIZE

IDEAS:

go shopping, get coffee, Sunday brunch, go for a walk, happy hour, church activities, YMCA, volunteer

GET OUTSIDE

IDEAS:

go for a walk, do some gardening, hiking, canoeing, eat at an outdoor restaurant, hang out on the patio, swimming, biking, take pictures

WORK ON A HOBBY OR CRAFT

IDEAS:

gardening, crochet, sewing, weaving, find a Pinterest project to do, make something with your hands, cook, paint, draw, color, read a book

UNPLUG

IDEAS:

schedule one hour per day for Internet or social media, turn your phone off, be present!

KEEP THE SAME SLEEP SCHEDULE

IDEAS:

schedule a cat nap in the afternoons if you want, but wake up and go to sleep at the same times as usual so that Monday morning isn't so bad.

REFLECT ON THE PREVIOUS WEEK

IDEAS:

what worked for you last week? what didn't work? what did you accomplish? when did you feel productive? when did you struggle with productivity?

PLAN FOR THE COMING WEEK

IDEAS:

get out the calendar, determine the top 3 things that need to get done next week, plan out when you will do each task, plan meals & groceries