

# Design a 'Productive Week' by doing these things on a Weekend

**"If you live for Vacations and Weekends, Your Shit is broken"**  
– Gary Vaynerchuk.

I love this one, this is motivation but then there is truth in action.

Many of us do look for weekends and vacations for different reasons.

One of it is to escape the daily grind coming from what we call our day jobs, lets call them the ones 'Dragging Through Life'

Other is to rejuvenate and recreate ourselves for a better tomorrow, lets call them the ones 'Thriving Through Life'.

**Dragging Through Life:**

Looking forward to weekends to sleep, binge watch TV, eat what is tempting (not necessarily healthy) ,

Doing nothing,

and curse going to work when the weekend is about to end.

They DON'T have an AGENDA.

**Thriving Through Life:**

Looking forward to weekends so as to connect with nature, family and their passion.

They work on themselves, they network and they give back for a cause they believe in.

They DO have an AGENDA.

Looking forward to a weekend is what helps many people sail through an otherwise boring and unsatisfying week.

While this is easy, it is temporary.

The weekend vibe just works for a weekend and not a second more.

Just dragging through to live for the weekend vibe robs you of two things – the Efficiency for the coming WEEK and an opportunity to discover **‘Super LIFE’**.

Coming straight to the core!

Is there a way to move from the DRAGGING mindset to THRIVING mindset?

Yes, Try the Thriving Weekend Method and You will surely have your weeks getting better week by week.

The Thriving Weekend Method lets you design your week even before it starts and enter in prepared.

The Thriving Weeked Method has the weekend habits can actually help you grow holistically and take charge of the upcoming week.

## **‘Design a ‘Productive Week’ by doing these things on a weekend’**

### **FRIDAY NIGHT**

#### **1. Make your list of ‘Connect & Disconnect’.**

Connect with Friends, passion, volunteering or following a hobby.

Disconnect from Work, Stress, negativity or a daily routine.

#### **2. Understand what constitutes an emergency– to help design your family and ‘me-time’.**

#### **3. Batch your week around few key activities:**

Look at a week as 168 hours and start making commitments.

Commit some time to yourself too.

#### **4. Wake up early, listen to music and go active (sometimes alone and sometimes with friends).**

#### **5. Reach out people, you always wanted to – call, email or just plan a meal (a lunch).**

#### **6. Write appreciation messages, Say thanks and job well done.**

7. **Sleep on regular weekday slots**, once you have disconnected the same sleep quota will make you feel fresh.
8. **Cuddle.**
9. **Go to community service** – helps you connect and be humble.
10. **Learn a Skill that makes your life better** (by helping you do more, be more, make an impact and be happy).
11. **Explore your 'Do it yourself (DIY)' mode.**
12. Clean Up and Prepare for the week ahead.**Do it on Saturday** and rest 6 days will be a glide