

Staying Productive on Weekends

Try these 5 ways to make your weekends more productive

1) Make a To-Do List

Make a weekend To-do list on Friday, similar to the one you would make during a work week. Make sure you prioritize your To-do list; this will allow all the important things to be completed on time and you will not feel overwhelmed or stressed. A list will also ensure that you are free and left with nothing to do on Sunday night! You can take this time to relax or prepare for the work week.

2) Catch up on sleep

Make up for the sleep that you may have lost during your work week by sleeping on time, allowing to slowly get up in the morning or even taking naps.

3) Declutter your living spaces

Decluttering or getting rid of things that you are no longer using is a great way to feel better. Take some time on the weekend to go through your storage or closet. If you do not want to throw items away, try donating or even selling them online, if they are in good condition.

4) Try a new Hobby

A new hobby will help break up a dull routine. Indulging in a new hobby is a great way to escape stress and open your mind to new ways of thinking. During work weeks it is often difficult to make time for different activities and new hobbies, therefore, taking the time on weekend to try these is a great way to promote creativity, relieve stress, and make you feel happier.

5) Avoid leaving all your cleaning for the Weekend

If you can, spread out your cleaning throughout the week. This means cleaning your bathrooms one day, dusting another, and floors another. Spreading out the cleaning throughout the week will ensure that there is minimal cleaning left to do over the weekend, and you will have extra time to do something fun!

