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Published October 16, 2020 Sunday is an amazing day. For most of us, Sunday is a day of rest - an opportunity to relax, spend time with family and friends and move away from work. However, for many people, Sunday can be a day of gloom. The thought of having to go back to work the next day and get back into the hustle and bustle of everyday working life creates a dark cloud during the day, which should be a joy. With the right approach, however, Sunday can be a days of rejuvenation-chance to recharge our batteries, and set yourself up for a fantastic week. It's just a matter of how you look at Sundays.Sunday give me a chance to take stock of how my week has gone and decide what I want to achieve next week. Every Sunday allows me to move away from the daily grind and measure my progress against the plan I have for the week and reset that plan to make next week even better. Here are 13 ways to turn Sunday into a surprisingly productive day. Wake up in your usual time I grew up thinking Sunday was a great day to catch up on my dream. The problem here is excessive sleep on a Sunday, you often find it difficult to fall asleep on a Sunday night and that starts a cycle of sleep debt you want to avoid. Waking up at normal times supports regular sleep patterns, and it helps to make sure that your sleep schedule is consistent throughout the week. When you are in perpetual sleep duty all week, your performance will sink. Providing a good night's sleep every night keeps you in a very productive state. Start the day with Me-TimeMe-time is the time you give yourself. This is the time you can spend doing whatever you love to do without fear of being interrupted. It can be exercise, reading, walking or meditation. In front of Google and smartphones, people in the UK to wake up on Sunday morning, take a short walk to a local newsagent to buy Sunday newspapers. Sunday newspapers were all sorts of additives to books, lifestyle, gardening and fashion. You'd go home, settle in your favorite chair and spend an hour or two reading through all these supplements. For me, I would like to put on some relaxing music and just relax with a good cup of tea. It was a great way to spend a Sunday morning. No stress, no pressure, just me and the Sunday papers. Decide what you want to do with your Sunday morning, make sure it's geared towards you and start this week. You'll thank yourself for that.3 Do some ExerciseNow, that doesn't mean you go out and do a 10-mile run or spend one or two hours at the gym. It means going outside and moving. Our way of life today take away a lot of natural movement. This has become particularly noticeable this year with many of us having to work from home. These walks to the bus stop, the train station and the office are gone. Now get up, move from one room to sit down and get started. Sunday gives you a chance to move. It's a possibility. Get yourself for an hour or two. Enjoy nature. Go with family or friends and just relax an hour or two outdoors. This is perhaps one of the best ways to reduce stress, get some healthy exercise and set yourself up for a wonderful week. A Day Plan Not having a plan for the day will leave you at the mercy of external events. Instead, decide on Saturday night what you will do the next day. Make sure you wake up at normal times, enjoy your favorite morning drink and start your day. Not having a plan for the day will most likely cause you to wake up late, making it hard to get a good night's sleep the next evening and you'll be wasting the opportunity to make the day count. Your plan should not be too detailed. Something similar to: Wake up and make a coffee Put on some great music Sit down and enjoy a coffee Take a 2-hour walk Read for an hour or two Spend some time with the kids Just make sure you have a rough plan for the day, but keep things as flexible as possible.5 Watch a sports game Is a great way to get yourself away thinking about work and your troubles. I'm a big fan of rugby and motorsport, and even in these difficult times, there are a lot of sporting events that I can watch on YouTube. Whatever sports you enjoy, take some time on Sunday to watch the game. Just getting into the game while enjoying the skills on the show and marveling at the professionalism that removes you from your everyday world for a while. It's a great way to give your brain much needed relaxation and provides a wonderful distraction from your daily normal life. Make sure you do something different doing the same things day in and day out to eventually turn every day into a grind. You want to look forward to your Sunday. Plan to go for a walk in the countryside, or walk in an unfamiliar park, or go to the movies or an external concert. Do anything that breaks your routine. As you watch a sports game, it takes its off from the normal daily life you lead, and gives you something refreshingly different to enjoy and experience.7. Clean UpI know most people hate doing household chores, but having a clean, ordered home does wonders for your overall mental well-being. I love finishing Sunday with a beautifully clean house, knowing that everything is in its place, the floors are clean and my whole laundry is cleaned and ready for next week. It can be hard to find time to stay on top of all the cleaning for a week, so putting off some time each Sunday to do the cleanup leaves you feeling refreshed, energized and ready for what next week will throw at you.8 Prepare you Clothes for next weekIt may seem a little excessive, but it saves so much time and cognitive overload. All it takes is one bad night's sleep and you find yourself rushing around trying to get yourself ready for the first meeting. In this state, trying to decide what clothes to wear in another solution you just don't need. Much better A rough plan on a Sunday that you will wear for work and all these clothes are ready, washed and ironed. It also prevents the opening of the shirt you want to wear for the early morning meeting to still be in the laundry basket when you need it. Plan ahead. It saves so much time and stress. Do weekly planning SessionI've experimented to do a weekly planning session on different days, but by far, the best day to plan Sunday. I believe that Sunday evenings are the best time to open your calendar and to-do list, and plan for the week ahead. It sets me up for the week ahead. It also helps me sleep better on a Sunday night, knowing exactly what I need to perform next week. I can start on Monday morning without wasting time trying to figure out where things stayed last Friday.What I'm looking for is where all my meetings are, what days I can focus on my deep and design work and make sure I'm all processed from week to week. Clear your emailWhat? Keeping an email on Sunday? Yes. Why? Because the worst thing you can do is start a new week with a mailbox full of unrepented emails last week. For most of us, Monday morning will probably be one day a week we don't have a lot of email in our inboxes, so we can start the day on our most important design work. If you spend an hour or two cleaning your email from last week, you'll miss a huge opportunity to start from scratch. We don't get much email on Sunday, so you can process your inbox and action folder to make sure when the new week starts, you have not only a set of results that you want to achieve this week, but also start a new week without a hangover from the week before. 11. Have some work on your side of ProjectNow, this does not mean that work. This means your personal projects. It can be a DIY project, doing something in your garden, restoring an old car or writing a book. Sunday give you incredible opportunities to do all those things that you dream of doing, but never seem to find the time to do them. Just getting and doing these side projects removes you from your daily work, and allows you a few hours to do what you love to do. Read BookDuring Week, it can be hard to read a good book. We get up, rush out the door to get to work (or go to our home work station and start a computer). When we finish the day, we're exhausted and just want to vegetate in front of the TV. Don't waste Sunday. They give you a great opportunity to spend time with the books you want to read.13 Get ready for next week's mealIt's great for those of you who follow a healthy diet and exercise plan. Preparing food for next week is not saves a lot of time, but also encourages you to eat healthy on those grueling days when all you want to do is eat pizza and flop down on the couch. Having a set of pre-cooked meals reduces temptation during the week when your willpower It's fast, cool and easy to do. It is to make sure that you are sticking to your diet plan. Bottom line I'm not suggesting you try and fit all these things on a Sunday. Just select a few that resonate with you. Do the ones that will give you the greatest benefit and the most joy. Sunday needs to be calm, relaxing and give you the opportunity to do those things that you usually don't have time to do. It's an incredible day, so don't waste it lying in bed watching endless episodes of your favorite TV series. 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