

Spend Your Weekend Wisely

How many times have you realized it's Sunday night and wondered where your weekend went? Don't let this happen to you ever again.

1. Plan it out

The key to having a satisfying weekend is to plan it out. Select activities you'd like to do and plan when you're going to do them. Planning will ease the stress of trying to get a table on Saturday night – plus, anticipation is half the fun anyway.

2. Skip the chores.

Chores will take up time even if they should be quick and easy. If you can, do your chores during the week. Not an option? Limit them to an hour or two on one day, so you have at least one full day off to relax.

3. Stay healthy.

While you can indulge on occasion, don't drink, eat or sleep in excess just because it's the weekend. Nursing a major hangover on Sunday is not productive.

4. Be happy.

After eating and relaxing, one study found that exercise, socializing, and participating in spiritual activities made people the happiest. If you can, do all of these activities this weekend.

On the weekend, do you ever:

- * work or study?

How often do you:

- * go to the gym or go swimming?
- * go for a long walk?

Let's Talk

What would be a perfect weekend for you?

You can see the whole lesson from your teacher, Please ask to send it to you before the class.

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