

SUNDAY ROUTINES

• how to regroup and stay productive through the week •

Looking for a way to make Mondays more successful? No one likes waking up to a new week feeling frazzled and out of control before it begins. Prep for the week ahead by creating a Sunday routine that helps you plan ahead, carves out a little calm and prepares you to have the best week ever.



sunday morning sweat

Whether you get out for a hike or an early morning yoga session, working out is a great way to boost your energy, relieve stress and put you in a good Monday mood.

hello, sunshine!

Enjoy the great outdoors. Take your favorite two- or four-legged friend for a walk or spend the day at the park. Soaking up the sun helps calm our minds, lowers blood pressure and gives us a happy feeling we can take with us into the week. When your weekly schedule doesn't allow for many fresh-air moments, build them into your weekends to feel refreshed.



meal prep

Sunday is a great day to gather recipes and ingredients to cook in advance. Busy weeks jam packed with activities can make it hard to eat well and propels us towards fast food drive-thrus. Ensure you and your family eat well by planning for a no-stress week ahead, including dinners ready in a snap.

clean and declutter

Wipe countertops, shred old mail, recycle catalogs and dust the end tables. On Monday morning, waking to a clean house is better than eyeballing dirty dishes in the sink. It sets you on the path of productivity and helps you remain in a great mindset to take on the week ahead.



wardrobe ready

There's no reason to be overwhelmed by overflowing laundry baskets. Match those socks, pick up dry cleaning, put tee shirts into drawers and empty that ironing basket while you listen to your favorite podcast. Planning your Monday through Friday outfits ahead will give you a few minutes back in your day, and who couldn't use more time in their lives?

read

What if you did something crazy, put down your phone, stepped away from the television and picked up a book? Reading boosts our thinking power, allows us to escape into the pages, builds our vocabulary and is proven to help us concentrate and focus better. Picking up a book at bedtime settles your mind and can help you fall asleep faster.

