



The Frictionless Weekend Reset

You don't need to overhaul your weekend. Just finish it feeling a little more prepared than you started it.

Sleep

**Keep your bedtime and wake-up time reasonably consistent.
You don't need perfection.
Just avoid making Monday feel like you're changing time zones.**

Move

**Get outside and move your body.
Without turning it into another task to optimise.
Physical movement helps create a clear transition out of the working week.**

Clear Your Mind

**Choose one priority for Monday before the weekend ends.
Starting the week knowing where to focus removes a surprising amount of
mental clutter.**

Leave Some Space

**Resist the temptation to fill every hour.
A weekend isn't only about getting jobs done—it's about creating enough
space that Monday doesn't feel overwhelming before it even begins.**
