

# WEEKEND OPTIMIZER WORKSHEET (WOW)™

To win at work *and* succeed at life, you must intentionally set aside time for rejuvenation. The most common way? Optimize your weekend. Fully committing to a couple days of rest—completely free from work—will restore your energy. It's the only way to ensure that you have something to offer when Monday rolls around. Ask yourself:

- *How do I want to feel after this weekend?*
- *What do I want to remember about this weekend?*
- *What activities will make me feel like I used my time well?*

Answer the questions below to get clear on how to successfully commit time and plan activities around the five main ingredients for total rejuvenation.

## REST

How much sleep do you *want* to get each night? \_\_\_\_\_ hours

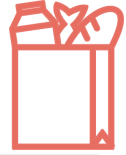
How much do you *actually* get? \_\_\_\_\_ hours

How will you set yourself up for better sleep, in terms of quality *and* quantity?

Do you also want to take naps? \_\_\_\_\_ If so, for how long? \_\_\_\_\_



# REFRESHMENT



How do you want to spend your meal times?

What do you want to eat?

Where do you want to eat?

With whom do you want to eat?

# RECREATION



How do you want to play on the weekends?

What hobbies or sports do you like to engage in?

What is a book you'd want to read, or a movie or TV show you'd want to watch?

What "fun" activities or skills would you like to develop?

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# RELATIONSHIPS



With whom do you want to spend time this weekend?

What are some activities you'd want to do together?

Who are your 5-6 most important relationships, and what does quality time with them look like?

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# REFLECTION



How do you want to spend time this weekend reflecting on those things that matter most?

How much time would you like to spend each day in reflection?

Through what activities and practices do you best reflect?

List three key changes you will incorporate into your weekend norm in order to ensure deeper rejuvenation.

1.

2.

3.

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