

Dump work, chores, and stress by Friday evening

Don't sleep in

Get out of bed. We may have great intentions to be active on weekends — until we sleep in till noon. When you lose half the day to your comforter, it's hard to find the time for fun. In addition to freeing up your time, you'll also regulate your body clock better.

Cool and refreshing

Fill all that weekend open space with bold and refreshing activities. Call for information, make reservations, and commit to engaging in something exhilarating. Too many of us enter the weekend without plans, then end up watching third-run movies or baking cookies that we don't need.

Duty-free doings

Jot down all the working, shopping, cleaning, cooking, and shuttling hassles you've planned for your weekend. Then shift those weekend duties to weekday duties. Use evenings, lunch hours, and even mornings. There's no need to wait until the weekend to visit the supermarket, clean the bathroom, or do the laundry. Pick two days — like Wednesdays and Thursdays — and make them your "duty evenings," getting it all out of the way rather than sitting in front of the TV.

The early bird

If you must work, get it out of the way early. Get up an hour earlier than normal, set your alarm for two to three hours, work in a very focused manner, then turn off the computer when your alarm rings. You're done!

Nurture nature

Make nature part of your weekend. The great outdoors has a way of sparking our love for life. Spending time outside will lift your soul. It will make you feel alive.

Pay for cleaning

Hire a cleaning service. How to pay for it? Borrow movies from the library instead of paying for them. Brew your own coffee instead of hitting Starbucks. Pack a lunch. These small sacrifices are worth it. Trust me.