KESTON SCHOOL

BODY & ENERGY · FREE SAMPLE

Recharge Your Weekend

Plan days off that restore your energy, not just your to-do list

CHAPTER 1 + WORKBOOK SECTION

BEFORE YOU START

How to use this book

By the last page you will have a simple, repeatable weekend plan: errands contained in one box, one restoring anchor each day, a clean switch-off from work, and a soft landing into Monday, so your days off give energy back instead of quietly using it up.

1. Read one chapter at a time. Each one gives you a single idea and a single action.
2. Open the Recharge Your Weekend Workbook and complete the matching section while the chapter is fresh.
3. Do the “Try this” action within seven days. Reading changes what you know; the action changes what you do.
4. Finish with the checklist in chapter 12 and come back to it whenever you slip.

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CHAPTER 1

Gone by Sunday Night

Recognize the weekend that quietly disappears into chores, catch-up and screens, see why "just relax" rarely works, and start a two-weekend energy log.

It is Friday evening. You close the laptop with a long exhale and a vague, generous plan for the next two days: sleep in, see friends, maybe finally get back to that bike ride or that book. Then Saturday starts. Groceries, laundry, a pile of mail, a quick look at work messages that turns into forty minutes. Somebody needs a lift. The afternoon goes to errands across town. In the evening you are too tired to go out, so you watch something you half follow while scrolling on your phone.

Sunday is a softer copy of Saturday. By late afternoon a familiar heaviness arrives. Monday is coming, and you feel no more rested than you did on Friday. If anything, you feel slightly worse.

The weekend that vanishes

If that scene feels familiar, you are in very large company. For many working adults, the weekend has become an overflow tank for everything the week did not have room for. Chores, admin, family logistics, the work you did not finish and the sleep you did not get all pour into the same forty-eight hours.

Nothing about this is dramatic. No single Saturday is a disaster. The problem is the pattern: week after week, the time that was supposed to refill you gets spent on keeping life running. You return to work with the tank at the same level, or a little lower, and the next week drains it again.

You might recognize some of these signs:

- **The Saturday sprint.** You try to clear every chore on Saturday morning so you can “relax later,” and later never quite comes.
- **Leaking work.** Work is not officially happening, but it is in your head, your inbox and your notifications all weekend.
- **The couch default.** When you finally have free time, you are too drained to choose anything, so you scroll or binge by default.
- **Sunday dread.** From mid-afternoon on Sunday, your mind is already back at work.
- **The Monday hangover.** You start the week tired, irritable or flat, as if the weekend never happened.

Why “just relax” does not work

The usual advice is simple: slow down, take it easy, relax more. It sounds right, and most people have tried it. They cancel plans, clear the calendar and promise themselves a lazy weekend. Often they still end up tired.

There are three reasons this tends to fail.

First, a free weekend does not stay free. Unplanned time is the first thing chores and screens fill. Without some shape, the hours get eaten by whatever is loudest, which is rarely the thing that restores you.

Second, doing nothing is not the same as resting. Lying on the couch with a phone often keeps your mind busy in the same scattered way your workweek does. Your body is still, but your attention is still being pulled in twenty directions. Many people finish a “lazy” Sunday feeling foggy rather than refreshed.

Third, most of us were never taught how to rest well. We learned how to work, study and keep a household going. Rest was treated as the absence of those things, something that would happen on its own once the work was done. It rarely does.

There is also a quieter reason. When you are tired, choosing anything feels like effort. So the tired brain picks whatever is closest and easiest, which is usually the phone, the couch or another small chore. Those choices are understandable, and they are exactly why a weekend left to chance tends to repeat itself. The fix is not more willpower on Saturday. It is a few simple decisions made earlier, on Friday, when you still have some energy to make them.

> **Key idea:** Rest does not happen by itself in the gaps. Good weekends are designed, lightly, the same way good workweeks are.

What this book will give you

This book treats your days off as something worth a small amount of planning. Not a schedule that turns Saturday into another workday, but a simple shape: chores contained in one box, one restoring activity a day, a clean break from work, and a calm way back into Monday.

You will learn why some activities refill you and others only pass the time, how to match your weekend to the week you just had, and how to keep the plan going when life gets messy. Along the way the workbook will help you build your own weekend template, one you can reuse without thinking about it.

One honest note before we begin. This is a book about everyday habits. If you feel exhausted most of the time, sleep a lot without feeling rested, or have lost interest in things you used to enjoy for weeks on end, a better weekend is not the fix. Talk to a doctor. Persistent tiredness has many possible causes, and some of them need a professional to look at them.

Try this

Before you change anything, watch two ordinary weekends. Use the log in your workbook, or a note on your phone, and spend about five minutes at the end of each day off.

For each day, write down:

1. **Where the hours went,** roughly: chores and errands, work, screens, people, outdoors, hobbies, sleep.
2. **Your energy** on waking, mid-afternoon and at bedtime, on a scale of 1 to 5.
3. **One moment that felt restoring,** even if it lasted ten minutes.
4. **One moment that drained you,** and what was happening.

On Monday morning, add one more line: how rested you feel on a scale of 1 to 5.

Do not try to fix anything yet. The point of these two weekends is to see the pattern clearly, without judging it. Most people are surprised by two things: how many hours go to chores and screens, and how small the restoring moments were that made the biggest difference.

In the next chapter we look at what is actually going on when rest works, and why some hours off refill you while others leave you flat.

KEY TAKEAWAYS

- A tiring weekend is a pattern, not a personal failing.
- Doing nothing is not the same as resting.
- A two-weekend log shows where your days off actually go.

→ Workbook, section 1

01 Gone by Sunday Night

Log two ordinary weekends before you change anything.

FILL IN

My two-weekend energy log

Day	Where the hours went	Energy AM / PM / bed	Restoring moment	Draining moment

CHECKLIST

Signs I recognize in my weekends

- [ ] The Saturday sprint
- [ ] Leaking work
- [ ] The couch default
- [ ] Sunday dread
- [ ] The Monday hangover

FILL IN

Monday rest score

Rest 1-5	One word for how I feel
Monday after weekend 1	
Monday after weekend 2	

Do I feel exhausted most of the time, even after plenty of rest? If yes, when will I talk to a doctor?

YOUR NEXT STEP

Want the whole book?

You just read chapter 1 of Recharge Your Weekend and tried the first workbook section. The full e-book has 12 chapters, a complete workbook and a final checklist. Here is everything inside:

01 Gone by Sunday Night

02 What Makes Rest Work

03 Running on Leftover Rest

04 Plan Rest First

05 The Errand Box

06 One Anchor a Day

07 Close the Work Door

08 Weekends That Do Not Fit

09 When Rest Feels Wrong

10 Your Weekend Template

11 Rest That Adds Up

12 Mistakes & Checklist

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