

# THE EXTRA POINT

BY JERRY ROBERTS



## # 227 Are Your Days Off Really Days OFF?

Do you remember a time when your days off were filled with fun and frolic, food, festivity, and did I mention fun? If they still are then you're one of the fortunate few. The rest of us aren't really "off" on our days off. I'm Jerry Roberts and let's talk about this, today on The Extra Point.

Ahh, back in the day...when work ended on Friday our thoughts turned to which parties and events we'd be attending on Saturday night; sometimes two or three. Then, Sunday was a time to sleep in a little, maybe hang out with friends, go here and there, and get back in time to wash clothes and get ready for Monday morning. We might be tired but we had fun and felt fulfilled. Yay!

When you have kids and a house to deal with, there's always something that needs doing, along with cleaning, laundry — not to mention being the official chauffeur for everybody else. In truth, there's not much "time off" for folks to relax and recharge their batteries. By the time Monday rolls around, you might be more tired than you were at the end of work on Friday.

Over the years I've gathered a few ideas from my own trial and error, plus what works for other people, all with the same goal in mind... to carve out some time to disengage, to relax, to enjoy some time OFF. By the way, this will be in transcription form, number 227, at [guamtraining.com](http://guamtraining.com).

1. Don't look at that upcoming to-do list on the weekend, look at it on Monday. See what's in front of you that needs to be done. If you have a spouse and kids, particularly older kids, compare lists. Can you help each other or swap tasks? This could result in greater efficiency and also getting some things done during the week, not waiting to tackle all of it on the weekend. So, first is awareness, and sharing the load if you can.

2. What can you do during lunch hours during the week, or immediately after work? If you haven't got those chauffeur duties, the time before dinner can be productive.

3. What can the kids do? Teach children early on that housework is everybody's work, not just for mom and dad. Turn off the TV and get off social media. They can prepare food to be cooked, do laundry, straighten up and more. If the chores and activities repeat daily or weekly, schedule them like any other appointment. Looking at these things in this manner can help you stay on top of them and avoid being overwhelmed.

What this will do is to lighten responsibilities on the weekend. Whatever else is scheduled for Saturday and Sunday, if you don't have as much busywork to do, you should be able to carve out some good family time, intimate time, and even a little personal time.

Do you have good friends you haven't seen for a while because there's no time? Maybe now you'd have 2-3 hours to do that. How about investing a few uninterrupted hours into your spouse? It might not seem like much but it could have a huge impact on the quality of your relationship.

If you're tired of the way your days off are going, download transcript #227 and make a plan to change things. It just might be one of the best things you ever do.

That's The Extra Point. Get out there and make something good happen today. For 93.3 and the Ray Gibson Show, I'm Jerry Roberts.

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