

Saturdays With No Shape

Give an empty day off enough structure that it does not slip past you.

WHEN TO USE THIS

Use this on a Friday, or the morning of a day with nothing in it.

How did last weekend go? What did you do with it?

Split the day: one thing to get done, one thing you would enjoy. Morning and afternoon.

TO GET DONE

FOR YOU

What time will you get up, and what is the first thing after that?

A day off does not need to be full. Two or three fixed points are enough to hang it on.

Rest counts more when you chose it than when the day disappeared.