

25 Ways To Own Your Weekend!

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Dear Reader,

There was a scene in Forrest Gump where Forrest just starts running forever. I believe he ends up running cross country or something, but whatever it was, the dude just kept running.

Finally, he just stops abruptly and says something like “I don’t want to run anymore”.

Sound familiar?

Sometimes we just get so busy running; that we run right by the weekend!

So with that in mind, I’ve taken the liberty of putting together 25 Ways To Own The Weekend.

This way, you can stop yourself from running and get on with the business of living!

With respect and appreciation,

Paul Castain

Aspiring Rock Star

- 1) That side burner on your grill doubles as a breakfast generating machine on the weekend. You haven't lived until you cooked breakfast on the patio!
- 2) Your local library has free DVDs. How about a movie night? Perhaps you could watch Tommy Boy, Boiler Room or Wall Street and then make a note to do none of those things in real life! How about a comedy or a cool classic movie (they don't make 'em like the classics you know)
- 3) Go on an adventure to nowhere. When I was a kid, we'd go off exploring. Then I grew up and became too cool for that. Jump in the car, pack a lunch, fill that thermos with coffee and take a road trip! Bonus points if you soundtrack your adventure with some cool tunes!
- 4) Fire up your fire pit and have a campfire!
- 5) Campfire Bear Grylls Style: Round up some delicious worms and grubs and then throw them in your neighbor's yard because that's freakin disgusting. Instead, grab a can of chili or stew and eat some of that by the fire. Or if you're really brave . . . beans!
- 6) Find a way to make a memory and visit it often as John Maxwell says!
- 7) Do you have young kids? How about a campout in the living room? Me and my kids made some kick ass living room tents in our day. Once you get done making your tent, watch the Cartoon Network or one of those free movies from the library. Oh, and if you don't have kids, or your kids are grown, camp out in the living room anyway. It builds character 😊
- 8) Make some cool play lists for your I-Pod to get you into OWS (Optimal Weekend State) How about a play list that gets you in a party mood. Another from when you were growing up (and doing the doping stuff you're about to yell at your kid for doing) How about a chill out play list.
- 9) Take lots of pictures because someday, this moment will be known as "the good old days"

- 10) Enjoy the gift of being fully present. That means we need to turn on the “No Blackberry” sign dude! While you’re at it, make it a family rule and include texting, taking calls or updating Facebook status at the table.
- 11) Surprise your significant other with a date. Don’t ever treat your client better than your sweetheart. Priorities!
- 12) Take a walk! Walking is a rather cool “thought generator”.
- 13) You’re only allotted so many sunrises and sunsets . . . make sure you capture one this weekend! Bonus points if you catch yourself digging it!
- 14) Take some time to get to know “YOU”! Reflect, ponder, imagine, dream or do one of these [cool introspective journal exercises](#) .
- 15) Start your day off with a gratitude list. What are you most grateful for? Psst . . . do this often enough and you will experience true “wealth”!
- 16) Round up a few cans of food from your cabinet and drop them at your local food bank or church. You’ll be proud of yourself for doing it!
- 17) Break out some of those old family video tapes, your wedding tape, an old photo album and revisit a memory!
- 18) Call someone and catch up.
- 19) Forgive someone . . . you’ll travel lighter!
- 20) Laugh often and laugh out loud. Watch the Comedy channel. Create a comedy playlist on your I-Pod. Hang with people who make you laugh. Tell someone a joke and then make a note to laugh at yourself.
- 21) Stop by your local house of worship for a spiritual recharge.
- 22) Do something childish. Play a game, go to an arcade, jump in a puddle or drink lots of soda and see how far you get burping the alphabet. Embrace that inner kid.
- 23) Hold a door, say hello and acknowledge someone you pass, over tip a waitress, thank your kid’s coach, and when you get done with all of that . . . don’t rush passed your neighbor, stop and say hello!

- 24) When you catch yourself thinking about work, ask a loved one to strike you with the palm of their hand while saying "I command you out demon!" Note: Do not attempt this at work on an evil boss or co worker.
- 25) Enjoy your life my friend. Word on the street is that it's the only one we get!

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