

# 12 weekend routines of successful people in the world

I have read many articles about things that successful people do on weekends. Do you want to know this secret? That's just the same as what they usually do everyday. Here are 12 habits of successful people who often make weekends that I want to share with you:

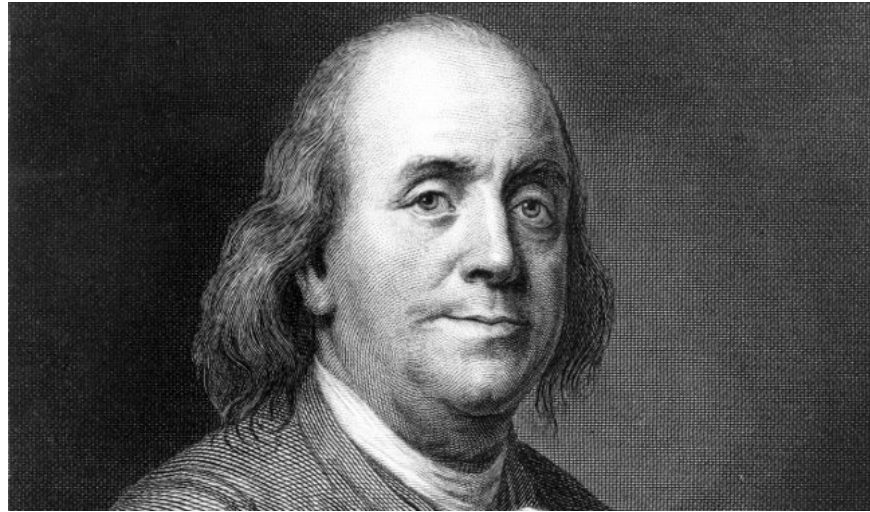
I have read many articles about things that successful people do on weekends. Do you want to know this secret? That's just the same as what they usually do everyday. According to the philosopher Aristotle: "*We will become more perfect if we repeat daily practice. The great thing is created by habits, not by action.*" Here are 12 habits of successful people who often make weekends that I want to share with you:

## 1. Robert Iger: Wake up early



This Disney CEO is not the only leader to wake up at 4:30 am every day of the week. Successful people never lay in bed "*sleeping*" until 11:00 or 2 pm on Sundays. Research shows that our brains are most "*sharp*" in the period from 2 1/2 to 4 hours after waking up. So wake up early on weekends, you will have a longer day and start your brain while the world is resting.

## 2. Benjamin Franklin: Always plan



Clearly, the leaders always wake up every morning and ask themselves, " *What will we solve today?* " - Successful people understand the importance of planning, even if only is the daily goal, and the weekend is no exception. Wake up to take the time to plan and do things with purpose. However, we are not the President so we can know how to plan and quell the "laziness" on the weekend right?

### **3. Timothy Ferris: Don't do too many things at once**



The concept of " *Multi-tasking* " begins to appear in many stages in 2005. You may feel that you can achieve maximum productivity if you do more work at the same time on the weekend by just running on exercise. treadmill, wearing a phone headset with mom and a newsfeed surfing on Facebook. You feel that when doing " *multi-tasking* " will become more productive, however, successful people do not think so. They think this only reduces efficiency and productivity. Instead, they argue that the new focus brings the highest efficiency and quality. Ferris recommends setting out the two most important goals of the day and focusing on solving them as closely as possible.

### **4. Anna Wintour: Always be busy**



Vogue editor-in-chief set a commitment to playing tennis for an hour each day and she is not the only successful person who always spends time training her body. Richard Branson is also busy with paragliding - kite surfing, India's fourth richest billionaire is a marathon runner for many years. Successful people understand the importance of a healthy body with a clear mind. Without any health problems, Sunday morning training also helps digest a glass of wine and cheese platter from Saturday evening.

## **5. Steve Jobs: Prioritize important things**



" *The important thing is not necessarily something that can change the world .*" Weekends are a time to balance your life, remind yourself of the small things around, sometimes you can't keep up your mind during busy working days - keep your life and work balanced. by checking, reset if necessary. Besides, take time for friends, children and colleagues even though this doesn't directly increase profits on that day or make you shine but very important. At the same time, this is also a respite resting time, recharge of energy is an important factor to keep us going for long distances. The special thing is that even President Barack Obama always has a way to spend his dinner time with his family on weekends.

## **6. Warren Buffet: Spend time on personal interests**



Warren Buffett is known to be one of the most successful investors of the twentieth century, but like many ordinary people, he also has certain personal interests, whenever he is free, he plays Ukulele. Successful people are often interesting and interesting people - in which personal passions also play an important part in forming them. Certainly, playing golf every Saturday morning is the best way to build relationships or find business opportunities. However, there are still other personal interests like Meryl Streep who like skiing or former US President George W. Bush who like to paint oil paintings on the weekends - that would support success through stimulation, creative and reduce stress.

## **7. Oprah Winfrey: Practice meditation**



The most powerful celebrity according to Forbes magazine's 2013 poll has always spent time retiring for 20 minutes - 2 times a day. Previously, this was the secret of the monks but now is a universal common knowledge. Perhaps we are no stranger to the great benefits of Yoga, meditation and spiritual liberation activities to reduce stress, increase work efficiency, promote creativity and maintain a happy life. .

Sometimes weekends can be more busy than usual because of things you need to do, such as taking care of your family, connecting social relationships, exercising, doing housework, preparing work, all wrapped up in 48 hours. Even so, successful people don't forget to spend time retiring for themselves - including weekends to

balance their lives and understand themselves better.

## 8. Randi Zuckerberg: Forget the fear of abandonment syndrome, enjoy the present fun



We have all done this - posting weekend social pleasures and waiting for "Like" buttons or jealousy from your friends or followers. This is the era of modern **psychological syndrome** - the fear of abandonment *syndrome* ( *FOMO - fear of missing out* ). On weekends, we are even more susceptible to FOMO syndrome. But the founder and CEO of the Facebook social network Zuckerberg Media ( *and you guessed it, the founder of Facebook* ) advised everyone to focus on JOMO - **the forgotten joy** ( *joy of missing out* ) - she thinks that " *there is no place I really want rather than where I am myself* ", the weekend is a chance for her to " *forget* " friends, followers, social media posts. Successful people often compete for high achievement, practice gratitude and ignore social networks, including abandoned fear syndrome, informing the world how you are on social networking as key. lock to have a happy weekend. And is happiness really made from success?

## 9. Bill Gates: Take time to ponder



The famous founder of Microsoft Corporation said: " *Successful celebrations are a good thing, but pay attention to failed lessons that are even more important .*" Reflecting on what we should do every day, the weekend is a great time for us to reflect on the lessons learned during the week and how to improve for the following days. Gretchen Rubin, author of " *The Happiness Project* " - Gretchen Rubin suggests starting " *a prelude* " to encourage a daily look back. Spend Saturdays or Sundays reflecting on what you did during the week.

## **10. Richard Branson: Giving away**



Renowned billionaire Richard Branson said: " *It is surprising to focus the mind to think about issues like health, poverty, nature conservation and climate change that help renew energy for Thinking activities in other fields.*" "Successful people agree with Anne Frank:" *No one becomes poor because of giving .* " Tom Corley has been studying wealthy people for five years continuously and drawing conclusions: " *About 73% of rich people volunteer around 5 hours or more every month.* " Nothing helps you think better than help those less fortunate than me. Weekends are a great time to join local charities and volunteer for community events. When participating in volunteering, the life of a successful person is not only meaningful but also happier.

## **11. Jack Dorsey: Ready for the rest of the week**



The co-founder of Twitter and Square who works 16 hours a day from this Monday to Friday said: " *Saturday is a break. I climb the mountain. And Sunday I reflect, respond and strategize. ready for the upcoming week i* ". Forget a sad Sunday day and call it " *Enjoy your own Sunday entirely* ". Laura Vanderkam, author of the book " *What the Most Successful People Do on the Weekend* " says that successful people know that the weekend is really a secret weapon. secret for success: " *You need everything ready to start on Monday effectively* ".

## **12. Jay Z: Keeping momentum**



Jay Z is a successful, influential rap artist and entrepreneur, a secret that lies within his own lyrics: " *Maybe success is all you want, but it gets You can't sleep in victory, you can't fall, open one eye, see the truth and forever.* " Jay Z cannot get 520 million dollars by just wanting to work for 5 days instead of 7 days a week. If the last thing you want is to spend a weekend on luxury cruises to the Caribbean with Beyonce, then the important thing you need to do now is to continue persisting and trying. We all have the right to dream, right?

Success is a choice of lifestyle 24/7, including weekends.

*Author: Emma Rushton*

Refer to some more articles:

1. 7 "indispensable" body language of successful people
2. The perfect plan changed itself within 21 days
3. 7 valuable life lessons from Albert Einstein

Good luck!

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