

# reclaim Your weekend

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If you believe what you see on TV, the majority of us spend our weekends trucking through the mountains, on our way to hike, rock-climb, bike, picnic, kayak, canoe, and generally frolic.

A look at the parking lot of your local mall shows reality.

Our weekends have become a relentless roundup of errands, shopping, chores, and work we didn't get to during the week.

Our wanderlust is fulfilled by finding a bargain. Our thrill-seeking is satisfied by chauffeuring our kids from soccer games to ballet lessons. Our needs for adventure, excitement, exploration, transcendence, surrender to unloading the dishwasher.

Not using your free time to recharge your spirits only makes Monday morning harder. Letting it go for a long time leads to burnout.

It's time to reclaim your weekend.

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