

Beat the SUNDAY SCARIES

When Sunday comes around, it's often accompanied by the “scaries,” — that feeling of dread thinking about the week ahead. Beat that back with these tips to ease into a new week.

1

Meal prep to your favorite tunes so you'll have grab and go options all week.

2

Pack your gym clothes and store them in a bag in your car.

3

Pack your bag with healthy snacks, water bottle, etc.

4

Set aside your clothes for the week.

5

Check the weather forecast in case you need to adjust your plans.

6

Do a quick overall cleanup around your house.

7

Check-in with family members so everyone knows each other's schedules.

8

Plan a special Sunday night treat, like a favorite takeout or dessert.

Hope these tips help you start each week off on the right foot as we prepare for the busy season! And oh, by the way... I'm never too busy for you or your referrals!