

Friday Five: Prep for the Weekend



A gentle reset to carry steadiness into the weekend.

One move. One reflection. One breath. One question. One track.

Why this Exists

- By the time Friday arrives, most people are still carrying the weight of the week – work rhythms, deadlines, expectations, all still running in the background.
- This short ritual is designed to interrupt that – a reset cue to help you shift out of one program (your job) and into another: **your life**. Whilst focusing on flexibility and some very simple mindfulness techniques.
- A few focused minutes can mark that transition – physically, mentally, emotionally – so you land in your personal life on your own terms.

Your Friday Five

1. Move:

- **90-Second Squat Hold Flow**
 - Very gently sink into a bodyweight squat
 - Hold for 15 seconds
 - Gently shift side to side for 15
 - Stand up, take a breath
 - Repeat twice more
- No reps. Just feel it.*

2. Mindset:

- **You don't need to 'use' the weekend.** You're allowed to carry calm into it. To take your time.

3. Question:

- **What do I actually want from this weekend – and what can I leave behind?** You don't have to impress, produce, or optimise.

4. Track:

- *"Runaway" – Ben Böhmer & Panama.* Floaty, slow, and steady. Listen while you move or rest.

5. Habit Anchor:

- **Write it down. Even one line. In your phone. Track the action, repeat it, build a streak.**

Log what you did – or how it felt. Build the habit of showing up and tracking it. This is how awareness becomes consistency.

If this gave you some value, you can always support the project via the website.

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