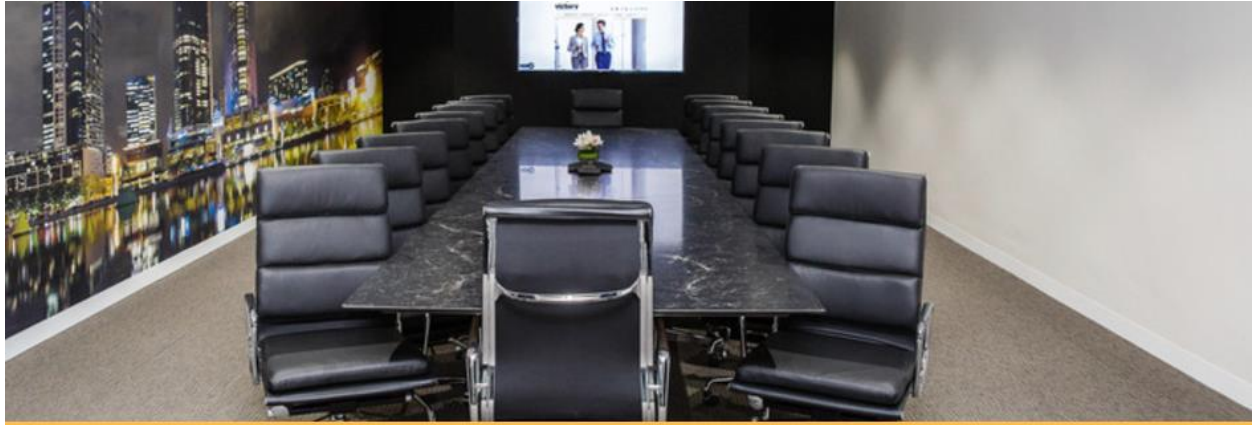




THE V-EDITION

June 2017

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5 WAYS TO REFRESH YOUR WORK WEEK



1. UPDATE YOUR PHONE AND DESKTOP BACKGROUND

For a quick refresh, changing the background of your phone or desktop can make your tech feel brand new. Photos and colors both have influence over your mood so pick backgrounds that are uplifting, calming, or motivational. Bonus if you update your social media photos as well!

2. MAKE A NEW PRODUCTIVITY SOUNDTRACK

The same way a new background can make looking at your screens a little more exciting, a few new songs can put your work in a new perspective. Try adding some singles through Spotify's new releases or one of their playlists to suit your hustle mode.

3. DO THAT ONE THING YOU HAVE BEEN PUTTING OFF

Admit it: there's something that you've been meaning to do but work continued to pile up and you constantly pushed it aside. This week, pencil in a time to get that task done! Whether that's finally going to that yoga class you've been eyeing, an errand-type task, getting it done will rid you of the stress and constant worry of forgetting, yet again.

4. SET YOUR ALARM CLOCK FOR AN HOUR EARLIER

You may already get up incredibly early before work, but if you can, try to get up an hour earlier than usual. This could be getting a head start on the tasks for the day so the actual workday can be less hectic. Or, you can take this time to work out, plan your day, make a stellar breakfast, and anything else to put your best foot forward.

5. FIND A LOCAL EVENT OR A NEW GROUP OF PEOPLE

The community around you is filled with potential inspirations and connections. You don't have to go into a socializing frenzy, however. Find a talk or performance that you're interested in and might provide a new perspective. Hearing from different people can be inspiring and change the way you view your work, all in a short time.