

How do you spend your Sundays after a tough week?



I believe most entrepreneurs end up working all days of the week; having said that, so do I. From hectic deadlines to constant meetings, entrepreneurs have rigorous schedules all through the week. To be productive at work throughout the week, it's quite important to relax and rejuvenate at least one day a week.

With my busy schedule, I often tend to miss out on spending time with my family. Sunday for me is time to spend time with my parents and grandparents while helping out with household chores. Making time for family and friends or having a social life is essential to avoid burnout. I love spending Sunday evenings planning the rest of my week.

Sundays are a much needed day off that helps me with things I would like to do, but find it hard to fit into a typical weekday. Spending time with loved ones and thinking over the past week while planning for the coming week, is re-energising for me. I usually try not having screen time for the first half of every Sunday.

— *Madhavi Shankar, CEO and co-founder, SpaceBasic Inc*

Sundays are best spent with friends and family, doing leisurely activities. Instead of following a rigid schedule, I try to do things I enjoy. Sometimes, I just like to sleep in and binge watch my favourite shows. But, usually, my Sundays start with a long run in the morning. This not only helps boost my energy levels but also allows me to think of new, innovative ideas that can be implemented in the business.

Spending quality time with my loved ones is something I would never miss on a Sunday. Whether it's a family get-together or a brunch with my friends, nurturing my personal relationships work as a stress-reliever for me and prepares me for the next week.

As an entrepreneur, my weekdays are pretty stressful and I often tend to overlook the small details on what's going on in my business. Sundays allow me to sit back, analyze the key aspects and build new strategies to improve them.

In the age of instant gratifications, most of us have let go of the habit of reading books. While I hardly get time during weekdays to read anything other than of-

ficial documents, I make sure to pick up a good book on Sundays.

The Indian startup space is extremely competitive, making it necessary for business owners to always stay on top of their game. Dedicating every minute towards brainstorming, developing and executing new ideas is crucial.

In fact, I either end up skipping meals or eating fast food on most of the weekdays. This is why I prefer eating home-made, healthy food on Sundays. Even if I am outside, I tend to incline towards gourmet options.

— *Sripad Vaidya, co-founder, Confirmtkt*



Sunday is an ideal day to recharge your depleted energy reserves by reconnecting with what fuels the mind, body and spirit. Disconnecting from work so one can start with a fresh perspective on Monday.

Kickstarting my Sunday with a good workout is usually followed by brunches with my friends and family. I absolutely love exploring new quaint brunch spots around the city. My afternoons are usually spent in the company of books or catching up on editorials and news and finally watching some Netflix in the evening to unwind. This accounts for a typical Sunday for me.

A conscious attempt to disconnect from work is needed. I try and keep my phone on silent and avoid obsessively checking my constantly buzzing phone as I do throughout the week. However, it becomes extremely difficult at times. I try and wrap up my Sunday evenings by 10pm as I truly believe that sleep is a weapon and a good night's sleep on a Sunday helps you power through the week!

— *Nidhi Kumra, CEO and co-founder, Your-space*