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Of all time units in one year, only the week of seven days is an artificial time period. The day is based on the 24-hour night cycle, the month of the cycle of the lunar phases and the year in time takes the earth to complete an orbit around the sun. The week is unique because it is not based on any astronomical phenomenon that constitutes a unity of time. It is generally accepted that the week of seven days was adopted from the biblical account of creation in which God spent six days to create the universe and then rested on the seventh day. This is reflected in the period of seven days for the ancient Israelites where they work for six days and dedicate the seventh day to rest and to worship God. Some theorize that the Israelites may have adopted the week of seven days from the previous religious traditions of the Sumerians and Babylonians. Many historians agree that it was the Romans who firmly established the modern week of seven days, adding features from the seven-day system of Seven Day Babylonians. This is evidenced by some of the days of the week that takes its name from the Roman deities. These days are Sunday, that the Romans dedicated to the god of the sun, Monday for the God of the moon and Saturday for Saturn. The Romans had eight days a week as a civil practice up to 321 c.e. when Emperor Constantine established the week of seven days. Anglo-Saxon Influence Other Roman deities have inspired the name of the other days of the week such as the day of Mars (Tuesday), the day of Mercury (Wednesday), the day of Jupiter (Thursday) and the day of Venus (Friday). The days of the week in other languages, especially those belonging to the romantic language, still bear this influence. The names in English of the days of the week, however, apart from Saturday, Sunday and Monday, have Anglo-Saxons. The names of the gods of Teutonic mythology have been used for the other days of the week. Tuesday was derived from TIU, which is the Anglo-Saxon name for the God of War of the Norse War. Wednesday was was was After Woden, the Anglo-Saxon name for the supreme Norse god Odin, while Thursday was named after the thunder god Thor. Friday or Frigg; Today he was called Frigg, wife of Odin. Does the week start on Sunday or Monday? When the Emperor Constantine established the week of seven days in 321 C.E., he also designated Sunday as the beginning of each week. Calendar and week numbering systems in the United States, Canada, Australia and New Zealand also start every Sunday. The international Standard ISO 8601, which is the most common weekly numbering system in the world, starts on Monday and ends on Sunday. The use of ISO 8601 will help mitigate confusion and doubt in the international correspondence between different numbering systems of weeks and time zones. Weeks and weekends Most Christianity dedicates Sunday as a day of worship or rest. Islam, on the other hand, designates Friday as their day of rest. Judaism has long designated Saturday as the day of Saturday and rest. Traditional calendars mark weekends as red to highlight them from the rest of the weekdays, which are usually blue or grey. The opinions expressed by the entrepreneurs are their own. You are reading Entrepreneur United States, an international franchise of media entrepreneurs. Duncan Hamra grew up in Virginia, went to family parties where his relatives talked about their business. He met his co-founder in kindergarten, and for the ninth grade, they were already waking up at 5a.m. to try out entrepreneurial enterprises.160 The couple eventually founded membership, a credible solution or user-account that gained popularity in 194; 160? Product Hunt.19194; 160Product Hunt presents mobile applications, websites, hardware projects and technological creations for fans to discover and In this interview with James McKinney, Hamra explains how the company was founded, as membership has reached No. 1 presented the positioning on Product Hunt and because it does not want its employees to work more than Hours per week.194; 160; You can listen to the full interview here.related:194; 160; This Founer actually overturned a 6-Figure investment bid by Mark Cuban on 'Shark Tank'It's no secret that most Americans work more than forty hours a week, but are those extra hours needed? a1AAAAAAAAAAAAAAAAAAAAAA But they could just put these expectations on themselves, says Maura Thomas, productivity expert, author and founder of RegainYourTime.com. Many people make assumptions about what their boss wants without ever testing the waters to find out if it's true.226; 128;;s true.226;0Ace~ ~AA t need to work more hours a week consistently.226;~ says Tracey Gritz, productivity expert and owner of the efficient office. If you're preparing to go on vacation or you226; work on a big project, you might need to clock more than forty hours a week, but as a general rule, 40 hours a week should be enough to get your job done, Gritz says.Productivity experts offer six practical tips that will help you work steadily a 40-hour week in 2017.Organize Your Workload In One PlaceMost employees have no idea what all their tasks, assignments and deadlines are because most people keep the things they need to do scattered where it is in email, their calendar, a notebook, and lists. It's like trying to make a puzzle with all the pieces in different rooms, Thomas says. It's a lot harder to walk away from work when you don't know all your assignments and deadlines, he says.Thomas recommends spending 30 minutes for an hour to complete each task and deadline into a single list that is available as an electronic document that can be reordered, sorted, or split, or inserted into a work app like Todoist or Wunderlist that allows you to Categories and expiration dates, and create reminders and notices. A ç à Ć Å Most people will do this long list A on paper, but then the only choice we have is to add a task to the lower part of the list, Å ç ôâ says. Å ç à Ć à Ć Sometimes times It's not the best place for this. Establish clear goals and priorities that by fulfilling your goals and priorities will help you to work less and will have the greatest impact on the workload, Gritz says. Limit your goals to no more than three, recommend, because © When someone sets a 12-goal, it is impossible to accomplish anything. So set your priorities, which are usually more personal, such as not reading the e mail during dinner, using all your vacation time every year, or spending Friday night with your family. "Everything you do must align the 100% with your goals and priorities," he says. Limit your goals to no more than three, because © When someone sets a 12-goal, it is impossible to accomplish anything. Say no, even to your Bosswhen a colleague asks for help with a project, it is difficult to say no, and it is even harder to transform your boss, but, Gritz says, it is important for you to do no to any task that does not align with your goals and priorities. Next time a colleague of a colleague asks for help, she simply says, "Thank you for thinking of me for this project, but right now I have a full plate with my current workload." And if your boss asks for assistance, gently push saying: "If I do this today, of these three tasks, what can I push for a new deadline? What would have worked for you?" Every morning, identify from one to three tasks that you will perform that day, and do not feel like you have to choose three, Gritz says. Some days you can only accomplish a task, and that is all, she says. Rather, so do "email reading" your first task. Gritz suggests before immersing yourself in a more creative task. It is "When we check the email for the first thing in the morning, we are sucked into the goals and priorities of everyone else, and we end up meeting theirs, not ours. Å ç à, ~ "says. Furthermore, be careful to check social media in the morning. If you see an e-mail or a social media post that upsets you or annoys you, lower your creativity and energy, Gritz He says. A few days you Turn Off Notifications The easiest way to leave work in time is to turn off your computer and turn off your e mail notifications and turn off your smartphone while you work on a project, Gritz says. Common items to receive a distracting email that takes you away from your target for the day, he says. If you've interrupted the interruptions, you could work an eight-hour day, she says. Remind Yourself to LeaveSet a notice on your calendar thirty minutes before you stop time to remind Paige to finish your work and get ready to go, says Licgalline, an approved yoga and meditation teacher and independent consultant. Before you leave the door, think about everything you226; "Have completed and review your tasks for the next day," says LinkedIn Career Expert Catherine Fisher. This will make sure that when you arrive the next day, you are always one step ahead, says Fisher. Organized Judgment will help you maintain peace of mind so as to you226; They are less inclined to check your work email or face tasks after hours.

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