

# Weekly Reset Checklist

A peaceful Sunday night reset to start the week calm and clear.

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## 1) Reset Your Space (10 min)

- Clear one "drop zone" (counter, table, or desk)
- Quick trash + dishes reset
- Put laundry in one place (basket or washer)
- Reset the sink (even a 60-second rinse helps)
- Prep one Monday gift (coffee ready, water filled, bag packed)

## 2) Reset Your Calendar (5-10 min)

- Scan your calendar for the full week
- Note early mornings, deadlines, and appointments
- Add one buffer block (30-60 minutes)
- Choose your Top 3 priorities
- Pick the day that needs extra gentleness (plan for it)

## 3) Reset Your Mind (5 min)

- Brain dump everything on your mind (paper or notes app)
- Circle what is truly urgent
- Star one first step for Monday morning
- Label what can wait (or delegate)

## 4) Reset Your Heart (2-5 min)

- Gratitude: Thank You for \_\_\_\_\_
- Honest check-in: God, I feel \_\_\_\_\_
- Surrender: I release \_\_\_\_\_
- Focus: Help me walk in \_\_\_\_\_ (peace, patience, courage)

*Optional: write one Scripture phrase to anchor your week.*

## 5) Reset Your Body for Rest (3 min)

- Set a realistic bedtime (even 15 minutes earlier)
- Put your phone to charge away from your pillow
- Decide your first drink tomorrow (water counts)
- Pick one small self-care move for the week

## 6) Reset Your Week (5 min)

- Decide 2-3 simple meals or essentials
- Note 1-2 non-negotiables (workouts, church, family time)
- Choose one thing to simplify this week
- Schedule one "peace pocket" (15-30 minutes)

### Top 3 Priorities

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### One Thing I'm Releasing

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### One Word for the Week

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