

The Sunday Reset

because Monday keeps showing up anyway.

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CHECK YOUR WEEK

Scan your calendar. Note appointments, deadlines and 3 must-dos.

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BRAIN-DUMP

Get the errands, calls, ideas and random reminders out of your head.

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PICK 3 PRIORITIES

Choose three outcomes that would make the week feel successful.

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PLAN FOOD

Choose a few dinners, check what you have and make the grocery list.

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RESET ONE SPACE

Kitchen, entryway, bedroom - wherever Monday chaos usually starts.

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START ONE LOAD

Laundry, dishwasher or towels. One future-you favor is enough.

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PREP MONDAY

Outfit, bag, lunch, keys and chargers. Skip the morning scavenger hunt.

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CLEAR DIGITAL CLUTTER

Close tabs, clear useless notifications and capture real reminders.

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DO ONE THING FOR YOU

Ten quiet minutes counts. This is a reset, not unpaid overtime.

THE RULE: Reset enough to make Monday easier.

Not enough to ruin Sunday.

Get It Together-ish

one page. one week. significantly fewer mental tabs.

THE 3 THINGS THAT ACTUALLY MATTER

1. _____
2. _____
3. _____

APPOINTMENTS + PLANS

Mon _____

Tue _____

Wed _____

Thu _____

Fri _____

Sat _____

Sun _____

DINNER, SOLVED

Mon _____

Tue _____

Wed _____

Thu _____

Fri _____

Sat _____

Sun _____

DON'T FORGET

CAN ABSOLUTELY WAIT

ONE THING FOR ME

NOTES / BRAIN-DUMP

Same life. Better system.