

# THE 20-MINUTE SUNDAY RESET

*For people who want their life together... but not enough to spend three hours proving it.*

*A bold first step: looking at the calendar before the week attacks.*

- |                          |                                                                         |
|--------------------------|-------------------------------------------------------------------------|
| <input type="checkbox"/> | Check this week's calendar - discover what Past You agreed to.          |
| <input type="checkbox"/> | Brain-dump everything taking up unnecessary mental real estate.         |
| <input type="checkbox"/> | Pick your top 3 priorities. Three. We are not opening a second planner. |
| <input type="checkbox"/> | Check bills, deadlines and appointments before they become emergencies. |

*Not clean. Just convincing enough.*

- |                          |                                                                                     |
|--------------------------|-------------------------------------------------------------------------------------|
| <input type="checkbox"/> | Clear the kitchen sink + counters.                                                  |
| <input type="checkbox"/> | Put away the obvious stuff that has been "temporarily" sitting there for four days. |
| <input type="checkbox"/> | Start one load of laundry. The chair can resign as your closet now.                 |
| <input type="checkbox"/> | Take out trash + restock anything you are somehow out of again.                     |

*She is tired, under-caffeinated and has no idea where her keys are.*

- |                          |                                                                             |
|--------------------------|-----------------------------------------------------------------------------|
| <input type="checkbox"/> | Choose Monday's outfit before 7:38 a.m. makes the decision for you.         |
| <input type="checkbox"/> | Pack your bag + put keys, wallet and essentials where humans can find them. |
| <input type="checkbox"/> | Set alarms + reminders because "I'll remember" has a terrible track record. |
| <input type="checkbox"/> | Prep coffee, breakfast, meds or whatever keeps the operation running.       |

*We cannot prevent the chaos. We can make it slightly less creative.*

- |                          |                                                                               |
|--------------------------|-------------------------------------------------------------------------------|
| <input type="checkbox"/> | Pick a few easy meals + make a grocery list.                                  |
| <input type="checkbox"/> | Clear the notifications or emails that are personally offending you.          |
| <input type="checkbox"/> | Handle one tiny annoying task you keep moving to tomorrow.                    |
| <input type="checkbox"/> | Choose one thing just for you this week. Errands are not self-care. Nice try. |

**TIMER UP. STOP. YOU ARE DONE.**

*Do not deep-clean the fridge. Do not reorganize the junk drawer. Do not suddenly decide this is the perfect time to become a meal-prep influencer.*

**The goal is not to get your whole life together. The goal is to make this week *slightly less of a situation*.**