

SUNDAY RESET CHECKLIST

- ☐ REVIEW PAST WEEKS WINS/CHALLENGES
- ☐ BRAIN DUMP ALL TASK
- ☐ SET TOP 3 WEEKLY WINS
- ☐ REVIEW CALENDAR & BLOCK TIME
- ☐ DECLUTTER DESK/WORKSPACE
- ☐ LAUNDRY CHANGE BEDDING
- ☐ TIDY LIVING AREA
- ☐ MEAL PLAN + GROCERY LIST
- ☐ QUICK MEAL PREP(WASH PRODUCE,ETC)
- ☐ GENTLE MOVEMENT/WALK
- ☐ DIGITAL DECLUTTER
- ☐ JOURNAL OR GRATITUDE PRACTICE
- ☐ PREPARE FOR MONDAY
- ☐ SET INTENTIONS AND AFFIRMATIONS FOR THE WEEK
- ☐ WATER PLANTS OR QUICK HOME REFRESH
- ☐ READ OR WATCH SOMETHING INSPIRING

