# SUNDAY RESET PLANNER

## Start Your Week Feeling Put Together

### WEEKLY RESET CHECKLIST

- [ ] **Brain Dump:** Get everything out of your head and onto paper.
- [ ] **Priority Pick:** Identify 1-3 key goals for the week.
- [ ] **Physical Reset:** Tidy up, laundry, groceries, plan meals.
- [ ] **Weekly Preview:** Schedule appointments, block time, check calendar.
- [ ] **Mindset Reset:** Reflect, practice gratitude, plan self-care.

### BRAIN DUMP ZONE

### TOP PRIORITIES

### PHYSICAL RESET

Tidy Up  Laundry
Groceries  Meal Prep

Notes

### WEEKLY PREVIEW

| M | T | W | T | F | S | S |
|---|---|---|---|---|---|---|
| | | | | | | |

Important Appointments

Time Blocking for Focus

### MINDSET RESET

One Win This Week:

One Lesson Learned:

Self-Care Intention:

### EMERGENCY MINI-RESET

- [ ] Tidy ONE Key Area (e.g., desk, counter)
- [ ] Choose ONE Priority Goal
- [ ] Plan Meals for 3 Days
- [ ] 10-Minute Mindful Break

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## 2-3 HOURS TO TRANSFORM YOUR WEEK

You've got this! Start your week with clarity and confidence.

Week of: _____