

# Sunday Reset



## SCHEDULE

|       |                      |
|-------|----------------------|
| 08:00 | Coffee and breakfast |
| 09:00 | Review the week      |
| 10:00 | Laundry and bedding  |
| 11:00 | Tidy living spaces   |
| 12:00 | Lunch and reset      |
| 13:00 | Grocery shopping     |
| 14:00 | Put groceries away   |
| 15:00 | Weekly meal prep     |
| 16:00 | Clear the inbox      |
| 17:00 | Prepare for Monday   |
| 18:00 | Dinner               |
| 19:00 | Plan Monday          |
| 20:00 | Wind down            |

## TOP PRIORITIES

1 Reset the home

2 Prepare meals

3 Plan the week

## TO DO LIST

- ☐ Wash bedding
- ☐ Clear the inbox
- ☐ Refill household essentials
- ☐ Review the calendar
- ☐ Set three weekly goals
- ☐ Prepare the work bag
- ☐ Choose Monday's outfit
- ☐ Start the evening routine early

## NOTES

Keep the reset simple — prepare, do not perfect.