SUNDAY RESET & WEEKLY LIFE ORGANIZATION CHECKLIST

SANCTUARY, MEALS & FRICTION-FREE WEEK

SUNDAY DATE: _____/_____/20____ RESET HOURS: ____:____ to ____:____WEEKLY WORD: _____ READINESS: _____ / 10

RESET INTENTION: "I prepare my space and schedule with care, so my future self can thrive without chaos."

ZONE 1: SANCTUARY & HOME RESET (PHYSICAL SPACE CLEANSE)

[ ] Strip and wash all bed linens & pillowcases

[ ] Clear & sanitize kitchen counters & run dishwasher

[ ] Vacuum / mop main living area & shake rugs

[ ] Clean bathroom sink, mirror & replenish towels

[ ] Put away clean folded laundry

[ ] Empty all trash & recycling cans

[ ] Wipe down work desk & organize cords

[ ] _____

ZONE 2: KITCHEN & NUTRITION PREP (CLEAN WEEKDAY FUEL)

[ ] Audit fridge, toss expired items & wipe shelves

[ ] Grocery store / farmers market stock-up run

[ ] Batch cook staple proteins / grains (quinoa/chicken)

[ ] Restock coffee, teas & clean hydration essentials

[ ] Plan 5 nutritious weekday dinners

[ ] Wash, chop produce & store in containers

[ ] Prep 3 days of healthy lunch grab-and-go

[ ] _____

ZONE 3: DIGITAL & FINANCIAL CALENDAR RESET (MENTAL CLARITY)

[ ] Zero personal & work email inboxes to baseline

[ ] Review upcoming 7-day calendar & meeting conflicts

[ ] Pay upcoming bills & file essential receipts

[ ] Identify TOP 3 non-negotiable weekly goals

[ ] Review bank accounts & log weekly spending

[ ] Set alarms & travel routes for key events

[ ] Clear desktop downloads folder & phone clutter

[ ] _____

ZONE 4: WARDROBE, BODY & SOUL REJUVENATION (PEACEFUL EVENING)

[ ] Plan & steam weekday outfits & workout gear

[ ] Hot Epsom salt bath, skincare & body care

[ ] Write Monday morning deep focus priority #1

[ ] Sunday Gratitude: _____

[ ] Pack work bag / backpack & tech chargers

[ ] 15-min reading, stretch & quiet reflection

[ ] Bedroom dimming & early sleep (Zero screens)

[ ] _____

MONDAY MORNING LAUNCHPAD:

MONDAY FIRST FOCUS BLOCK OBJECTIVE: _____ SUNDAY RESET COMPLETE: [ ] READY TO CRUSH IT