WEEKLY SUNDAY RESET & HABIT REFRESH ROUTINE

MINDFUL WEEKEND RESET: PHYSICAL SPACE, NUTRITION, DIGITAL HYGIENE & WEEKLY LIFE DESIGN

RESET: _____/_____/20____ **TIME: _____ HRS** **ENERGY: [ ] LOW [ ] MED [ ] HIGH** **BEDTIME: _____ PM**

1. PHYSICAL SANCTUARY & HOME

[ ] Strip bed linens, wash duvet & remake with fresh sheets

[ ] Clear & sanitize kitchen counters, sink & run dishwasher

[ ] Declutter desk workspace & restock stationery essentials

[ ] Empty all household trash bins & replace fresh liners

[ ] Fold clean laundry & organize wardrobe for the week ahead

[ ] Restock bathroom essentials (towels, toiletries, hand soap)

[ ] Vacuum living area rugs, hallway runners & entry mats

[ ] 15-Minute tidy sprint: return all wandering items to homes

[ ] Custom Home Reset: _____

2. NUTRITION & MEAL PREPARATION

[ ] Clear expired food from refrigerator & wipe glass shelves

[ ] Plan 5 weekday dinners & draft master grocery shopping list

[ ] Shop for fresh produce, lean proteins & pantry staples

[ ] Wash, chop & store raw vegetables for weekday grab-and-go

[ ] Batch cook grains, proteins, or freezer meals for lunches

[ ] Clean reusable water bottles & prep morning coffee/tea bar

[ ] Bake healthy snacks or portion nuts, fruit & protein packs

[ ] Defrost weekday proteins & check pantry essentials

[ ] Custom Meal Prep: _____

3. DIGITAL HYGIENE & FINANCES

[ ] Empty desktop downloads folder & file active project docs

[ ] Process email inbox to Inbox Zero or archive non-urgent

[ ] Review weekly bank accounts, log expenses & pay due bills

[ ] Backup laptop / smartphone to secure cloud or hard drive

[ ] Clear smartphone photos, notification badges & text threads

[ ] Check subscription renewals, pending orders & shipments

[ ] Review weekly calendar alerts & sync family schedules

[ ] Update master passwords / archive completed project files

[ ] Custom Digital Task: _____

4. SCHEDULE & MENTAL GROUNDING

[ ] Review upcoming week calendar & confirm appointments / calls

[ ] Identify the Top 3 High-Impact Non-Negotiable weekly goals

[ ] Block dedicated deep-work focus time & workout sessions

[ ] Set morning wakeup alarm schedule & layout Monday outfit

[ ] Mindful journaling: brain dump anxieties & set weekly theme

[ ] Unplug from screens 1 hour before sleep for restorative rest

[ ] Read 20 pages of a physical book or listen to calming audio

[ ] Review long-term habit streaks & re-commit to personal values

[ ] Custom Mindset Task: _____

MONDAY READINESS RATING: [1] Struggling [2] Fair [3] Balanced [4] Confident [5] 100% Unstoppable

MY CORE INTENTION & MENTAL MOTTO FOR THIS COMING WEEK: _____