

WEEKLY RESET PLANNER



WEEK OF _____

FOCUS WORD _____

TOP THREE PRIORITIES

1. _____
2. _____
3. _____

HOME RESET CHECKLIST

- Declutter one space
- Clear counters/surfaces
- Laundry reset
- Trash + quick pickup
- Prep bags/clothes

PLANNING + ADMIN

- Check calendar
- Plan meals
- Review appointments
- Budget/receipt check
- Choose top tasks
- Prep for the week

FAMILY + KIDS

- School/daycare notes
- Quiet-time activity ready
- Outfits/laundry check
- Snack/lunch prep
- Family reset moment
- One thing to make easier

SIMPLE MEAL PLAN

Mon _____
Tue _____
Wed _____
Thu _____

FOR ME

- Drink water
- Move my body
- Quiet moment
- Something I enjoy

NOTES + NEXT WEEK

