

# **SUNDAY RESET STRATEGY**

## **CLEAN & REFRESH**

- Wash & change bedding
- Complete all laundry loads
- Wipe kitchen surfaces
- Quick vacuum high-traffic areas
- Empty all trash bins

## **PREP & ORGANIZE**

- Clear fridge of expired items
- Plan weekly meal menu
- Prep snacks/lunches for Monday
- Reset entryway & bag station

## **PERSONAL & DIGITAL**

- Inbox Zero / Sort emails
- Review upcoming calendar
- Set Top 3 goals for the week
- Clean phone & laptop screens

## **SELF-CARE**

- Plan a 20-min movement session
- Skin-care routine / Face mask
- Early bedtime / No-screen hour

## **WEEKLY FOCUS & INTENTIONS**