

ULTIMATE RESET ROUTINE

MORNING ALIGNMENT

Make bed & open curtains

Hydrate (20oz water)

10-minute movement

Clear kitchen surfaces

Review daily intentions

LIVING SPACE

Declutter high-traffic zones

Sanitize tech devices

Refresh indoor plants

EVENING WIND-DOWN

Inbox zero (Physical/Digital)

Prep tomorrow's outfit

Load/Run dishwasher

Wipe down bathroom vanity

Digital sunset (No screens)

WEEKLY DEEP RESET

Launder linens & towels

Fridge audit & meal prep

Vacuum & mop all floors

REFLECTIONS & GOALS