

Sunday reset *checklist*

A Sunday reset gets your space, body and week ready so Monday feels calm.

Short on time? Do only the items marked **15 MIN**.

HOME RESET

- ☐ Clear clutter off the floor and surfaces
15 MIN
- ☐ Make the bed / change sheets
- ☐ Empty bins and the sink
- ☐ Wipe kitchen counters
- ☐ Laundry: wash, fold, put away
- ☐ Quick Hoover of main rooms
- ☐ Clear your desk

BODY RESET

- ☐ Everything shower (hair, body, shave)
- ☐ Skincare + face mask
- ☐ Nails: trim, file, paint
- ☐ Stretch for 10 minutes
- ☐ Fill your water bottle for Monday
15 MIN
- ☐ Lay out Monday's outfit **15 MIN**

WEEK RESET

- ☐ Check your calendar for the week
- ☐ Write your top 3 for the week **15 MIN**
- ☐ Plan workouts and when
- ☐ Plan meals + grocery list
- ☐ Meal prep 1-2 things
- ☐ Pack Monday's bag

MIND RESET

- ☐ Inbox and notifications to zero
- ☐ Delete 20 screenshots
- ☐ Review last week in 3 lines
- ☐ Read or journal for 15 minutes
- ☐ Screens off early
- ☐ In bed on time

PLAN THE WEEK

My weekly *reset*

TOP 3 THIS WEEK

☐

☐

☐

GROCERIES

DAY	PLANS	WORKOUT	DINNER
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

LAST WEEK WENT...

THIS WEEK I'LL...

Make it a weekly habit

Habpic's Soft Reset challenge has small daily resets and a weekly review, with reminders so Sunday doesn't slip.

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