

# Weekly Reset Checklist

Close the week. Own the next one.

## HOME RESET

- ☐ Laundry: start to put-away
- ☐ Change the sheets
- ☐ Fridge toss (expired items)
- ☐ All trash + recycling out
- ☐ 15-minute whole-house pickup

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## MONEY RESET

- ☐ Check account balances
- ☐ Pay bills due this week
- ☐ Review last week's spending
- ☐ Move the savings transfer
- ☐ Update the budget

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## WEEK PLANNING

- ☐ Review calendar: appointments
- ☐ Pick the week's top 3 priorities
- ☐ Plan at least 5 dinners
- ☐ Schedule movement / workouts
- ☐ Prep Monday morning

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## SELF RESET

- ☐ Pick 3 self-care items
- ☐ Set + protect sleep schedule
- ☐ Plan one thing to look forward to
- ☐ Forgive last week's misses
- ☐ Write one intention sentence

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