

Sunday

RESET CHECKLIST



- Plan your week - use a weekly planner
- Write a meal plan
- Journal for 10 minutes - focus on gratitude & goals
- Charge all your electronics
- Tidy your bedroom - refresh your rest space
- Give your body a treat - a bath, a mask, a stretch
- Go on a walk - make it an 'awe' walk - enjoy nature
- Clean out your bag, gym bag, car
- Have a conscious social media detox
- Read a few pages of something you enjoy
- Bake something or prep some healthy snacks
- Do something fun
- Set your weekly focus/expectations
- Go to bed early