

RESET

Routine

HOME RESET	✓
Clean out fridge + toss expired food	
Restock Pantry Staples (vacuum crumbs & tidy up)	
Wipe down counters, light switches & handles	
Vacuum/mop high traffic areas	
Laundry catch up & put it all away	
Diffuse some oils/light a non toxic candle	
Water plants/dust faux plants	
Reset kids backpacks + stations	
Clean out your purse/diaper bag + refill	
Yardwork/outdoor clean up	
WELLNESS RESET	✓
Organize supplements for the week	
Prep smoothies/breakfast ingredients	
Plan Meals (goal is 3 dinners any more is a plus!)	
Schedule/confirm workouts for the week	
Refill waters/electrolytes	
Take a magnesium soak bath	
Spend ten minutes outside (porch counts!)	
RELATIONSHIPS & RHYTHMS RESET	✓
Plan 1:1 time with kids/spouse	
Set a boundary (no phone during dinner etc)	
Reach out to someone you've been thinking of	
Plan a coffee walk, game night, etc	

CAR RESET	✓
Toss Trash	
Remove water bottles, toys, etc.	
Wipe down dash, windows, steering wheel etc.	
Shake out & vacuum mats	
Clean out car seats	
Spot Clean	
Get gas	
MIND & SOUL RESET	✓
Brain Dump	
Journal/Pray	
Write & reflect 3 things you're grateful for	
Set 1 simple goal for the week (ex:more water)	
Write in your planner	
Plan a me time moment	
Clear phone camera/notifications/emails	
MISC	✓