

Weekend Reset Checklist

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- ☐ 10-minute tidy in 2–3 rooms
- ☐ Run 1–2 loads of laundry (fold + put away)
- ☐ Kitchen reset + quick fridge audit
- ☐ 15-minute digital declutter
- ☐ Plan week: top 3 priorities + time blocks
- ☐ Pick 3 easy meals + light prep
- ☐ 5-minute money check-in
- ☐ Self-care ritual to close the week

Weekly Planner

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Top 3 Priorities This Week: _____

Appointments / Events: _____

Meal Ideas: _____

Things I'm Looking Forward To: _____