

The Ultimate Sunday Reset Checklist

Home · Money · Life

Set yourself up for a calm, productive week — every Sunday.

■ HOME RESET

- ☐ Tidy up each room (10-min sweep)
- ☐ Do a load of laundry
- ☐ Wipe down kitchen counters & sink
- ☐ Empty & run dishwasher
- ☐ Take out trash & recycling
- ☐ Vacuum or sweep main areas
- ☐ Prep tomorrow's outfit
- ☐ Reset entryway / drop zone

■ MEAL PREP

- ☐ Plan meals for the week
- ☐ Write grocery list
- ☐ Grocery shop or place order
- ☐ Wash & prep produce
- ☐ Batch cook proteins or grains
- ☐ Prep school/work lunches

■ WEEK PLANNING

- ☐ Review calendar for the week
- ☐ Write your top 3 priorities
- ☐ Set any appointments or reminders
- ☐ Review kids' schedules & activities
- ☐ Prep work bag or tote
- ☐ Set out items needed for Monday

■ MONEY RESET

- ☐ Check account balances
- ☐ Review recent transactions
- ☐ Track spending vs. budget
- ☐ Pay any upcoming bills
- ☐ Move money to savings if able
- ☐ Log any cash purchases
- ☐ Review subscriptions / charges

■ SELF CARE

- ☐ Plan at least one thing to look forward to
- ☐ Move your body (walk, yoga, stretch)
- ☐ Do a wind-down skin care routine
- ☐ Limit screen time before bed
- ☐ Journal or brain dump for 5 min
- ☐ Set your sleep schedule for the week

■ DIGITAL RESET

- ☐ Clear email inbox (or flag priority)
- ☐ Declutter phone camera roll
- ☐ Review & update your to-do list
- ☐ Back up important files or photos
- ☐ Unsubscribe from junk emails
- ☐ Set intentions / affirmation for week

Notes for this week:
