

The Sunday Reset Checklist

Your 60-Minute Ritual for a Calm and Intentional Week Brought to you by C. Holmes |
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(Seção 1): PREPARATION (Gather Your Toolkit)

- Calendar (Digital or Physical)
 - Notebook or List App
 - Calming Beverage (Tea, Coffee)
 - Motivating Playlist
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(Seção 2): THE FIRST 20 MINUTES: Brain Dump & Schedule Sync

- (10 Mins) The Brain Dump:
 - Write down *everything* for the week ahead (tasks, errands, worries).
 - (10 Mins) The Calendar Sync:
 - Transfer all fixed appointments to your main calendar.
 - Identify busy days and free time slots.
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(Seção 3): THE NEXT 20 MINUTES: Food & Home Systems Reset

- (10 Mins) The Meal Plan:
 - Based on your schedule, plan simple dinners (e.g., using the 3-3-1 Formula).
 - (10 Mins) The Master Grocery List:
 - Check your pantry/fridge and create a complete shopping list.
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(Seção 4): THE FINAL 20 MINUTES: Physical Launchpad Reset

- (10 Mins) The "Launch Pad" Prep:
 - Choose your outfit for Monday.
 - Pack work/gym/school bags.
 - Prep your coffee/breakfast station.
- (10 Mins) The 10-Minute Tidy:
 - Set a timer and reset one high-traffic area (e.g., kitchen counters, living room).