



A FREE 4-PAGE WEEKLY RESET

THE SUNDAY RESET *Mini*



A LITTLE TIME FOR YOU.
A BETTER WEEK AHEAD.

SMALL
STEPS.
BETTER
DAYS.



*Clearer mind.
Kinder choices.
Better days.*



A CALMER YOU
A BETTER WEEK



THE EVRYTHING



How Was Last Week?



TAKE A MOMENT TO CHECK IN.

HOW DID LAST WEEK FEEL? (Check all that apply)

- | | |
|---------------------------------------|---|
| ☐ Pretty good | ☐ Exhausting |
| ☐ Busy | ☐ Like I needed more time for me |
| ☐ Overwhelming | ☐ A mix of everything |
| ☐ Fun | ☐ Ready for a fresh start |

1

WHAT FELT GOOD?

What are you proud of? What brought you joy?

2

WHAT DIDN'T FEEL SO GOOD?

What was challenging? What felt heavy or stressful?

3

WHAT DO I WANT TO DO DIFFERENTLY THIS WEEK?

What can I try, adjust, or let go of? How do I want to feel?



THE EVERYTHING



This Week



A LITTLE INTENTION GOES A LONG WAY.
LET'S MAKE THIS WEEK A KINDER, BETTER ONE.

1 | WHAT MATTERS MOST TO ME THIS WEEK?

Think about the people, things, and priorities you want to make time for.

2 | WHAT DO I WANT MORE OF?

What would bring more joy, ease, or fulfillment into my days?

3 | WHAT DO I WANT LESS OF?

What drains my energy, takes up too much of my time, or no longer serves me?

4 | ONE SMALL ACTION I CAN TAKE THIS WEEK:

A simple, doable step to support the week I want to have.





You've Got This.



A KINDER, CALMER, BETTER WEEK IS WITHIN REACH.

You've taken a few small but meaningful steps to pause, reflect, and make a little more room for what matters. That's something to be proud of. Progress doesn't have to be big to be real. A calmer, kinder, more intentional week is always possible — and it starts with you.

A REMINDER TO CARRY WITH YOU THIS WEEK:

A slower morning.

A deeper breath.

A walk outside.

A conversation that made you smile.

A little more you in the everyday.



Keep coming back to this mini whenever you need a reset.

And if you're ready for more, the full Sunday Reset Workbook goes deeper — with 11 pages to help you create a week that feels even better.

THE FULL WORKBOOK



THE EVERYTHING

