

# Sunday Prep Checklist

..... Ordinary & Happy .....

## SCHEDULE

- Write down your top three goals for the week. ☐
- Schedule grocery delivery or a time to go grocery shopping. ☐
- Review your calendar for appointments and scheduled events. ☐
- Make a list of errands to run in the week. ☐
- Check the weather forecast for the week. ☐

## ORGANIZE

- Plan your outfits for the week. ☐
- Meal prep or meal plan for the week. ☐
- Check and sort any bills. ☐
- Tidy and organize your work bag. ☐
- Go through the mail. ☐

## HOME

- Do a quick tidy-up of the house. ☐
- Make a shopping list of household supplies. ☐
- Tidy and organize your workspace at home. ☐
- Check the pantry and add what you need to your grocery list. ☐
- Water your plants. ☐

## SCREEN-FREE

- Take a few minutes to reflect on the past week. ☐
- Have some screen-free time in the evening. ☐
- Plan some fun activities for next week. ☐
- Listen to your favorite unwind playlist. ☐
- Try a simple nighttime routine. ☐

## MORE

- Charge your phone and other electronic devices. ☐
- Clean your travel coffee mug (ready to be refilled in the morning). ☐
- Clean and refill your water bottle. ☐
- Plan your morning commute. ☐
- Pack your gym bag. ☐

..... Ordinary & Happy .....