

Weekend Reset Checklist



..... Ordinary & Happy

A T H O M E

- Change the bed sheets and towels.
- Declutter and organize the house.
- Tidy the living room and bedroom(s).
- Clean the bathroom(s).
- Clean the kitchen.
- Water the house plants.
- Do the laundry.

S O C I A L

- Plan a get-together with friends.
- Have some family time.
- Message family and friends.
- Respond to messages and emails.
- Make a list of upcoming birthdays.

L O O K A H E A D

- Set your goals for next week.
- Put a fun activity on your calendar.
- Do the grocery shopping.
- Clear your email inbox.
- Review and update your to-do list.
- Meal plan and prep for the week ahead.

S E L F - C A R E

- Have a relaxing bubble bath.
- Get a mani/pedi.
- Make your favorite comfort food.
- Spend time outdoors.
- Journal and reflect on the past week.
- Schedule some “me” time.
- Do something active.
- Sleep in (if you can).
- Work on a fun personal project.
- Unwind and do nothing for a while.

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