

SUNDAY RESET CHECKLIST

Your weekly routine for a calmer, more organized week ahead

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HOME TIDY-UP (30-45 min)

- Walk through rooms & collect items out of place
- Wipe down kitchen counters, stovetop & sink
- Clear & organize dining table and entryway
- Fluff cushions & fold blankets in living room
- Take out all trash and recycling
- Quick wipe of bathroom mirror & surfaces

MEAL PLANNING & FOOD PREP (45-60 min)

- Scan fridge & pantry for ingredients on hand
- Plan 5-7 dinners and lunches for the week
- Write a grocery list organized by store section
- Batch cook staples: rice, veggies, or protein
- Wash & chop fresh produce for grab-and-go
- Portion out snacks: nuts, cut fruit, overnight oats

DIGITAL DECLUTTER (10-15 min)

- Archive old emails & flag important ones
- Delete screenshots & random phone photos
- Organize desktop files into proper folders
- Unsubscribe from 2-3 newsletters you never read

LAUNDRY RESET (ongoing)

- Strip & wash bed sheets and pillowcases
- Run 1-2 loads of clothing throughout the day
- Fold and put away everything before bedtime
- Iron or steam outfits for Monday & Tuesday

WEEKLY PLANNING & CALENDAR (15-20 min)

- Review all appointments, meetings & deadlines
- Identify your top 3 priorities for the week
- Create daily to-do list or time-block schedule
- Check for birthdays, bills & upcoming life admin
- Brain dump: write down everything on your mind
- Lay out outfits for the first 2-3 days

SELF-CARE & WIND-DOWN (30-60 min)

- Take a long shower or bath with a face mask
- Stretch, do yoga, or go for a walk outside
- Read a book, journal, or listen to a podcast
- Limit screen time a few hours before bed
- Set an earlier bedtime for a full night's rest

PRO TIP: Start with just 3-5 tasks that make the biggest difference. Build up over time!

Pair tasks with things you enjoy: fold laundry while watching a show, meal plan with your afternoon coffee.

The best routine is the one you will actually stick with, week after week.

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For the full guide with tips, image ideas & bonus hacks, visit the blog post.