

SUNDAY RESET CHECKLIST



Reset your home. Refresh your mind. Prepare for the week.

1 LAUNDRY RESET



- [ ] Do a load of laundry
- [ ] Fold and put away clean clothes
- [ ] Sort socks and undergarments
- [ ] Check for items that need repair
- [ ] Refresh towels and linens

2 MEAL PLAN & PREP



- [ ] Plan meals for the week
- [ ] Check what you already have
- [ ] Make a grocery list
- [ ] Prep ingredients or snacks
- [ ] Set out items for easy meals

3 FRIDGE RESET



- [ ] Remove expired items
- [ ] Wipe down shelves and drawers
- [ ] Organize and group items
- [ ] Restock fresh produce
- [ ] Make note of what you need

4 HOME REFRESH



- [ ] Tidy high-traffic areas
- [ ] Dust and wipe down surfaces
- [ ] Vacuum or sweep floors
- [ ] Clean bathrooms
- [ ] Take out the trash

5 RESTOCK ESSENTIALS



- [ ] Check toilet paper and paper towels
- [ ] Restock cleaning supplies
- [ ] Check toiletries and personal care
- [ ] Replenish snacks and drinks
- [ ] Order or add to next grocery list

6 PLAN YOUR WEEK



- [ ] Review your calendar
- [ ] Add appointments and reminders
- [ ] List top 3 priorities
- [ ] Review work and personal tasks
- [ ] Plan time for self-care

7 DECLUTTER QUICK WINS



- [ ] Clear off tables and counters
- [ ] Put away items that don't belong
- [ ] Sort mail and papers
- [ ] Donate or toss what you don't use
- [ ] Organize one small space

8 YOU TIME



- [ ] Read a few pages
- [ ] Enjoy a cup of coffee or tea
- [ ] Stretch or take a short walk
- [ ] Do something that makes you happy
- [ ] Relax and recharge

9 PREP FOR MONDAY



- [ ] Lay out clothes
- [ ] Pack lunch or set breakfast items
- [ ] Charge devices and prep bag
- [ ] Set alarms and adjust bedtime
- [ ] Visualize a great week ahead

NOTES