

# Sunday Reset Routine

*reset · regroup · recharge*

## CHECKLIST

☐ Wash Bedding + Sheets

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☐ Meal Plan

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☐ Grocery Shop

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☐ Listen To A Podcast

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☐ Do Laundry

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☐ Deep Clean One Room

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☐ Tidy Up Around the House (Dust, Vacuum, Mop, etc.)

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☐ Plan The Week

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☐ Self-Care Routine

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☐ Night Routine

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## HOW TO GUIDE



**Wash Bedding + Sheets.** Starting your Sunday with a simple task like throwing your sheets and bedding into the washer will help you get the ball rolling.



**Meal Plan.** Having meal ideas ready for the week will save you time and money at the grocery store. Plan your meals then make a list of the ingredients you need for the grocery store.



**Grocery Shop.** Once you have your meals planned and list ready, it's time to grocery shop. Since you already have a list, this will save you time having to go through every aisle.



**Listen To A Podcast.** Catch up on your favorite podcasts while cleaning or doing tasks around the house.



**Do Laundry.** Having all your favorite and most worn clothing pieces clean for the week is the best way to start off a Monday morning.



**Deep Clean A Room In Your Space.** Deep cleaning a room once a week will help keep your space from becoming too messy.



**Tidy Up Around the House.** Dust the furniture, vacuum the rugs and carpets, and mop the floors. Set a timer for 20 minutes and declutter each room in your space.



**Plan Your Week.** To avoid stress throughout the week, plan your calendar ahead of time. Come up with a rough to-do list, schedule your Google Calendar, set reminders, etc.



**Self-Care Routine.** Before ending your day, make sure to spend some time on yourself. Take a bath, paint your nails, or journal. You have to take care of yourself before you can take care of others.



**Night Routine.** It's now the end of the day and it's time for your nightly routine. This is your own personal routine that you do every night. Relax, regroup and recharge.