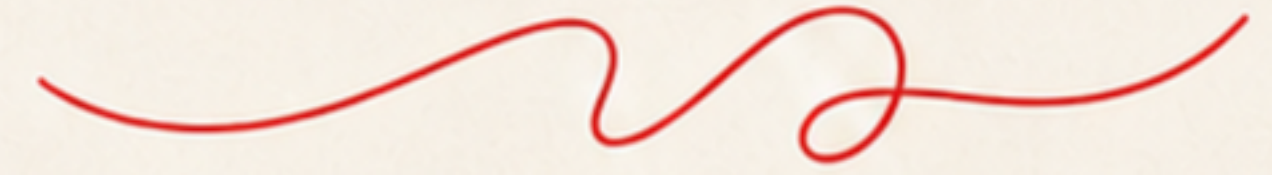


INTENTIONAL LIVING

SUNDAY *RESET*

REFLECT • REALIGN • REFOCUS



01 | RESET YOUR SPACE

- ☐ Make the bed
- ☐ Clear one surface
- ☐ Complete a quick tidy
- ☐ Refresh the room

02 | CENTER YOUR MIND

- ☐ Take five quiet minutes
- ☐ Journal what is on your mind
- ☐ Name three things you appreciate
- ☐ Release one worry

03 | PREPARE YOUR WEEK

- ☐ Review your calendar
- ☐ Choose your top three priorities
- ☐ Schedule your focus time
- ☐ Plan your meals

04 | NOURISH YOUR BODY

- ☐ Drink a full glass of water
- ☐ Prepare something nourishing
- ☐ Move, stretch, or walk
- ☐ Choose an early bedtime

05 | ALIGN YOUR GOALS

- ☐ Review your monthly goals
- ☐ Choose one meaningful next step
- ☐ Remove one distraction
- ☐ Celebrate your progress

06 | CHOOSE JOY

- ☐ Play music that lifts you
- ☐ Enjoy your favorite drink
- ☐ Unplug and be present
- ☐ Do something just for you



SUNDAY RESET AFFIRMATION

*I enter this week with
clarity, peace, and purpose.*



A NEW WEEK. A FRESH START. I CHOOSE INTENTIONAL LIVING.