# 🧘 Sunday Reset Routine Checklist

*Your Weekly Ritual for Reflection, Balance & Clarity*

**1. Reflect & Journal**

Write your thoughts for each prompt below:

What are 3 wins from last week?

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What are 3 things you're grateful for?

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What’s one lesson learned?

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**2. Plan Your Week**

* ☐ Set your Top 3 priorities

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* ☐ Block time for work, wellness, and rest
* ☐ Prepare meals or outfits

**3. Declutter Your Space**

* ☐ Tidy your desk, kitchen, and living area
* ☐ Change your bed sheets
* ☐ Organize digital files and inbox

**4. Prioritize Self-Care**

* ☐ Take a relaxing bath or shower
* ☐ Read, walk, stretch, or do yoga
* ☐ Unplug for 1–2 hours

**5. Unplug and Wind Down**

* ☐ Turn off screens at least 1 hour before bed
* ☐ Write a gratitude list
* ☐ Practice a calming bedtime ritual

**Bonus: Capture the Moment**

* ☐ Take before/after photos of your space
* ☐ Record a short reflection
* ☐ Post a Sunday win to inspire others

**🧠 Weekly Reflection**

How do I want to feel on Monday morning?

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One thing I’ll do differently next week:

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*www.bestofmotivation.com | Your Weekly Dose of Clarity + Motivation*