Weekly Reset Planner

Plan the week, clear your mind, begin again.

WEEK OF _____

FOCUS WORD _____

TOP 3 PRIORITIES

- ☐ _____
- ☐ _____
- ☐ _____

MON
MONDAY

TUE
TUESDAY

WED
WEDNESDAY

THU
THURSDAY

FRI
FRIDAY

SAT
SATURDAY

SUN
SUNDAY

The Weekly Reset

Empty your head, plan your meals, take care of you.

BRAIN DUMP

WINS THIS WEEK

NEXT WEEK PREP

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

MEALS THIS WEEK

MON

TUE

WED

THU

FRI

SAT

SUN

SELF-CARE

- [ ] Move my body
- [ ] Drink water
- [ ] Sleep 7+ hours
- [ ] Time outside
- [ ] Call a friend
- [ ] Something just for me

HABIT CHECK

HABIT	M	T	W	T	F	S	S
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○

NOTES