



The Sunday Reset Journal

A 10-minute weekly reflection to clear your head and enter the next week with intention.

■ Look back

1. What was the best part of this week?
2. What was harder than expected?
3. What surprised me?
4. What am I proud of?

■■ Clear your head

1. What is still taking up space in my mind?
2. What am I carrying that I don't need to carry into next week?
3. Is there anything I need to say, decide, or deal with?

■ Look ahead

1. What matters most next week?
2. What is one small thing I want to do for myself?
3. How do I want next week to feel?



A small reset is still a reset.

If you'd rather talk than write, open your voice journal and answer these questions out loud.