

The 45 Minute Sunday Reset Checklist

A simple weekly reset to start Monday feeling calm

10 minutes – Reset the main living space

- Put away items left on tables and counters
- Fold blankets and fluff pillows
- Toss trash and gather stray dishes

10 minutes – Quick kitchen refresh

- Wipe counters and stovetop
- Empty or reload dishwasher
- Toss old leftovers from fridge

10 minutes – Prepare for the week

- Check backpacks, purses, or work bags
- Set out clothes for Monday
- Review calendar or to-do list

10 minutes – Bathroom reset

- Wipe sink and mirror
- Replace towels if needed
- Empty bathroom trash

5 minutes – Calm close to the weekend

- Start one load of laundry or towels
- Light a candle or turn on soft lighting
- Take a deep breath and enjoy the reset



A gentle reset today makes the whole week feel lighter.

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