



Mom's Sunday Reset

A gentle one-page rhythm for starting the week without a spreadsheet.

Skip whatever doesn't fit this week — that's allowed.

● Three Anchors for the Week

1.
2.
3.

● Reset the Home

- ☐ Laundry started or planned
- ☐ Meals roughly mapped out
- ☐ Entryway & kitchen cleared
- ☐ Calendar glanced at

● Reset Yourself

- ☐ Ten quiet minutes, just you
- ☐ Water bottle filled
- ☐ One worship song or prayer
- ☐ An early night, if you can
- ☐ One slow breath — in 4, hold 4, out 6

● One Small Joy

A moment I want this week

Someone I want to check on

A meal I'm looking forward to

A Look at the Week Ahead

MON

TUE

WED

THU

FRI

SAT

SUN

“This is the day the Lord has made; let us rejoice and be glad in it.” — Psalm 118:24

