The Weekly Reset

Pause. Notice what happened. Choose a direction for the week ahead.

Use these two pages once a week. You can print a fresh copy or save it and write your answers elsewhere. A reset is a chance to adjust your plan without judging the week you just lived.

Week ending: _____

1 | LOOK BACK

What went well, even if it was small?

What took more energy than I expected?

What did I learn about my focus or habit?

What needs attention before the next week begins?

One thing I can let go of this week:

DIGITAL USE
Download a blank copy and save a new copy for each week. Click the answer areas to type and save after completing your reset. Keep entries within the visible space for printing.

YOUR WEEKLY RESET | PLAN AND RETURN

Choose the Week Ahead

Choose only what fits this week. If your schedule changes, keep the smallest useful step and return to the rest later.

Week beginning: _____

2 | PICK WHAT MATTERS

My one main focus this week:

Three doable actions:

1.

2.

3.

3 | MAKE SPACE FOR IT

When or where will I do the first action?

If the week gets crowded, my smallest useful step is:

Who or what could support me?

A WEEK IS A CHANCE TO BEGIN AGAIN.

Return to these pages next week. Keep what helped; change what did not.