



weekly reset

REFLECT. REALIGN. RECHARGE.

WEEK OF: _____

WINS FROM THIS WEEK

celebrate the small (and big) wins!



WHAT I'M LETTING GO OF

release what no longer serves me



PRIORITIES FOR NEXT WEEK



1 _____

2 _____

3 _____

SELF-CARE PLAN

how will I take care of me?



MEAL PLAN



MON _____

TUE _____

WED _____

THU _____

FRI _____

SAT _____

SUN _____



MOVEMENT GOALS

how will I move my body?



APPOINTMENTS / EVENTS



- _____
- _____
- _____
- _____
- _____

NOTES / BRAIN DUMP

anything on your mind



new week. new energy. new opportunities.

