

A FREE RESOURCE

The Sunday Reset.

For the Sunday afternoon dread, when Monday already feels heavier than your weekend rested you.

I. Empty your head.

Get it out before Monday gets in.

Everything you are carrying into this week. Tasks, worries, half-thoughts, what-ifs. Not neatly.

II. Find the real three.

If only three things happen, what matters most?

Not seventeen. Three. The ones that, if done, would make this week feel lighter.

I.

II.

III.

III. One thing for future you.

One small thing today makes tomorrow softer.

Not productive. Practical. A lunch made. A bag packed. A bill paid. One thing.

IV. Permission to let go.

What you are allowed not to do this week.

Name it. Saying it out loud, even on paper, is what makes it real.

A SOFT LANDING

*Monday doesn't need you ready.
It just needs you here.*