

Weekly Reset For a Calmer Week



Take five minutes each week to reset, refocus, and make space for what matters.

WEEK OF: _____

THIS WEEK'S TOP 3 PRIORITIES

1. _____

2. _____

3. _____

HYDRATION TRACKER

MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



SATURDAY



SUNDAY



SOMETHING I'M GRATEFUL FOR

ONE CREATIVE ACTIVITY I'LL ENJOY THIS WEEK

SOMETHING I'M LOOKING FORWARD TO

ONE THING I'LL LET GO OF THIS WEEK

SMALL HABIT, BIG CHANGE