

BEAUTY & BALANCE

THE FREE LIBRARY · GUIDE No. 07

The Sunday Reset Workbook

*Six steps. Ninety minutes.
The quiet ritual that makes
the entire week ahead easier.*



A free guide from our library — yours to keep

*with warmth,
the Beauty & Balance team*

INTRODUCTION

The Quiet *Sunday* Practice.

A printable workbook for resetting the mind, the home, and the week ahead — the way the most put-together women have always done it.

Sunday is not a day off. It is a day of preparation. The women whose lives appear effortless are not lucky — they are deliberate. They spend a quiet ninety minutes every Sunday afternoon making the entire week ahead easier on their future selves. By Monday morning, the meals are planned, the calendar is reviewed, the intentions are set, and the week is theirs.

This workbook is the ritual. Print it. Fill it in. Watch what happens to your week.

“The way you spend your Sunday is the way you spend your week.”

THE SUNDAY RITUAL

Six Steps, Ninety Minutes.

Block ninety minutes. A Sunday afternoon is best — after lunch, before dinner, when the day has settled. Make a hot drink. Sit somewhere you actually want to sit. Then move through these six sections in order.

01 Look back at last week.

Five minutes. What worked? What did not? What do you want to leave in last week?

02 Set the week's intention.

One word. Patient. Focused. Generous. Bold. The single quality you want to embody this week.

03 Map the calendar.

Read every appointment, deadline, and commitment for the week. Note the hard days. Plan rest around them.

04 Plan the meals.

Three dinners is enough. The rest can be leftovers, eggs, or takeout. Decision fatigue is the enemy of consistency.

05 Choose three priorities.

Three things, total, for the entire week. Not thirty. Three. The ones that, if completed, would make the week feel like a win.

06 Reset the home.

Twenty minutes. Wash the laundry. Wipe the bathroom. Empty the dishwasher. Sunday-you is the most powerful gift Monday-you ever receives.

PART ONE

Looking Back.

Spend five minutes here. Be honest. There are no wrong answers.

What went well this week?

What drained me?

Who or what do I want to spend more time with?

What am I leaving in last week?

PART TWO

This Week's *Intention*.

One word. The single quality you want this week to be defined by. Not a goal — a way of being.
Examples: *patient, present, generous, focused, brave, soft, bold, honest, slow.*

MY WORD FOR THE WEEK:

Why this word?

PART THREE

The Week Ahead.

Note one thing for each day — the hardest commitment, or the one to look forward to.

Monday _____

Tuesday _____

Wednesday _____

Thursday _____

Friday _____

Saturday _____

Sunday _____

PART FOUR

Three *Dinners.*

Three dinners is enough. The rest of the week, you can repeat, reheat, or improvise. Pick three you actually want to eat. Write the night you will make them, and the one ingredient you need to remember to buy.

DINNER 1

Meal: _____

Night: _____

Don't forget to buy: _____

DINNER 2

Meal: _____

Night: _____

Don't forget to buy: _____

DINNER 3

Meal: _____

Night: _____

Don't forget to buy: _____

PART FIVE

Three *Priorities*.

Three. Not thirty. The ones that, if completed by Friday, would make this week a quiet success. Be specific. “*Get the proposal sent*” is a priority. “*Work on stuff*” is not.

1.

2.

3.

PART SIX

The *Home* Reset.

Twenty minutes, hard stop. Set a timer. Move quickly. The point is not perfection — the point is starting Monday in a home that does not actively work against you.

- Run a load of laundry
- Empty & reload the dishwasher
- Wipe down the kitchen counters
- Wipe the bathroom sink & mirror
- Make the bed properly (clean sheets if possible)
- Put away the random pile (every home has one)
- Refill water bottle for tomorrow
- Lay out tomorrow's clothes

A FINAL NOTE

The *Quiet* Reward.

By Monday morning, your week will feel different. Not because Monday changed — because Sunday-you handled the things Monday-you would have stumbled over. This is what put-together women have always known. The trick is not strength. The trick is preparation, performed gently, in advance.

Print this page next Sunday. Do it again. By the fourth week, the ritual will be its own reward.

THIRTY DINNERS

When You Don't Know What to *Cook*.

Pull from this list when the planning stalls. Mark the ones that became regulars. Cross off the ones that didn't. Build your own list from there.

- 01. Sheet-pan chicken & vegetables
- 02. Pasta with garlic, oil, parmesan
- 03. Roast salmon, lemon rice, asparagus
- 04. Tacos — whatever protein, real toppings
- 05. Big salad with grilled chicken
- 06. Grain bowls (rice, beans, vegetables, sauce)
- 07. Soup & crusty bread
- 08. Stir-fry with whatever's in the fridge
- 09. Roast chicken & potatoes
- 10. Baked sweet potatoes, loaded
- 11. Quesadillas with the good cheese
- 12. Pesto pasta with cherry tomatoes
- 13. Burger night, even on a Tuesday
- 14. Eggs & greens (breakfast for dinner)
- 15. Curry — chickpea, vegetable, or chicken
- 16. Roasted vegetable bowl with tahini
- 17. Grilled cheese & tomato soup

- 18. Salmon teriyaki, rice, broccoli
- 19. Pizza night (frozen or homemade, no shame)
- 20. Pasta salad with charcuterie
- 21. Roasted shrimp & orzo
- 22. Buddha bowl — whatever's roasted in the fridge
- 23. Stuffed peppers
- 24. Risotto with whatever vegetable
- 25. Roast pork tenderloin & apples
- 26. Cobb salad as dinner
- 27. Breakfast tacos
- 28. Linguine with clams or shrimp
- 29. Slow-cooker chili
- 30. Whatever your mother used to make on Wednesdays

TWENTY INTENTIONS

Words to *Build a Week Around.*

When you can't pick a word for the week, pull from this list. Each one shapes a different kind of week. Pick the one you most need to embody — not the one you most want to be.

PATIENT — *for the week that asks too much*

BOLD — *for the week you've been postponing*

PRESENT — *for the week your mind is everywhere*

SOFT — *for the week you've been bracing*

FOCUSED — *for the week you keep getting pulled off course*

GENEROUS — *for the week you've been keeping score*

SLOW — *for the week you have been moving too fast*

HONEST — *for the week you've been performing*

KIND — *for the week you have been hard on yourself*

BRAVE — *for the week the difficult thing is due*

STEADY — *for the week of small storms*

OPEN — *for the week something new might begin*

CURIOUS — *for the week you have been judging*

RESTED — *for the week after the week of too much*

DISCIPLINED — *for the week you have been letting yourself down*

PLAYFUL — *for the week you have been too serious*

WARM — *for the week of cold weather, in any sense*

CLEAR — *for the week of too many opinions in your head*

DEVOTED — *for the week of returning to what matters*

FREE — *for the week you remember it was always a choice*

THE GROCERY LIST

Sunday's *Final Page.*

Print this. Take it to the store. The structure (organized by aisle) is the difference between a 25-minute trip and a 70-minute one.

PRODUCE

- _____
- _____
- _____
- _____
- _____
- _____

PROTEIN

- _____
- _____
- _____
- _____
- _____

DAIRY & EGGS

- _____
- _____

■ _____

■ _____

PANTRY & GRAINS

■ _____

■ _____

■ _____

■ _____

■ _____

■ _____

FROZEN

■ _____

■ _____

■ _____

BREAD & BAKERY

■ _____

■ _____

■ _____

HOUSEHOLD & OTHER

■ _____

■ _____

■ _____



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