

Weekly Life Reset Planner

A simple weekly reset to help you return to clarity without restarting everything.

This planner is designed to be used **once per week**, or whenever things feel scattered.

You don't need to complete every section.
Use what helps. Skip what doesn't.

This Week's Focus

What matters most right now?

Mental Reset

What's taking up mental space?

- ---
- ---
- ---

What can wait or be released for now?

- ---
-

Priority Check

What truly deserves attention this week?

- ---
- ---

What am I intentionally deprioritizing?

-

Space Reset

Which space needs light attention?

☐ Desk

☐ Digital workspace

☐ Living area

☐ Other: _____

One small reset that would help:

Gentle Close

One thing I'll complete or decide this week:

Reminder: **Steady is better than perfect.**