

## Sunday Reset Planner

A Weekly Alignment Guide for Busy Entrepreneurs

Use this planner every Sunday (or any quiet day of your choosing) to reflect, reset, and realign your week. This guide helps you stay grounded in your values, focused on your goals, and energized for the week ahead.

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### Morning: Quiet Reflection

Suggested Activity: Journaling or meditation

Purpose: Emotional clarity & alignment

Prompts:

- - How did I feel this past week?
  - - What moments drained or energized me?
  - - Am I holding onto any tension or frustration?
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### Late Morning: Goal Review & Reset

Suggested Activity: Review goals and adjust weekly priorities

Purpose: Strategic focus & realignment

Prompts:

- - What goals still matter most right now?
- - Do I need to reprioritize anything this week?

Quick Check:

What is my top priority for the week?

- ☐ Personal Growth
  - ☐ Client Work
  - ☐ Revenue-Generating Task
  - ☐ Rest or Recovery
  - ☐ Other:
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### Afternoon: Calendar & Logistics

Suggested Activity: Calendar review & time blocking

Purpose: Logistical clarity & preparation

Prompts:

- - What deadlines, meetings, or personal commitments do I have?
  - - Have I protected time for deep work, rest, and personal care?
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### Evening: Reset Your Environment

Suggested Activity: Clean workspace, prep meals or clothes, wind down

Purpose: Energetic reset & physical support

Prompts:

- - Is my workspace clear and welcoming?
  - - What small acts of preparation will support me tomorrow?
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### End-of-Day Reflection

How aligned do I feel heading into the week?

- ☐ Very aligned
- ☐ Somewhat aligned
- ☐ Disconnected
- ☐ Unclear

How do I want to show up this week?

- Energetic
- Focused
- Calm
- Bold
- Intentional