

# MONTHLY RESET

## *Checklist*

- Set Monthly Goals
- Reset live/work spaces
- Monthly shopping
- Sheets/ Big laundry
- Gratitude Journal/Reflection time
- Schedule/ Planner time

# Weekly RESET

*Checklist*

- Set Weekly Goal
- Meal Prep/Shop
- Laundry
- Set Up Friend time
- Journal/Reflection time