

A stylized illustration in the top right corner features a sun with a circular face and radiating lines, and a flower with a thick, wavy stem and two leaves, all in a light cream color against a vibrant red background.

The Sunday Reset

WORKBOOK

Small rituals for a week
that feels like yours

LUCY HART

01 / TAKE STOCK

Begin where you are

Before you plan another week, notice the one you just lived. This is not a scorecard. Write a few honest lines, then leave the rest of the week where it belongs.

You can finish this page in five minutes. Small answers count.

What gave me energy this week?

What took more from me than I expected?

One thing I want to carry into next week

02 / CLEAR A LITTLE SPACE

Close one open loop

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An unfinished task can take up more space in your head than it needs on your calendar. Choose one, not all of them. Give it a visible next step, a place to wait or permission to end.

Write the next action as something you could actually do: send the message, book the appointment, put the return parcel by the door.

The unfinished thing on my mind

The smallest action that would move it forward

When I will do it, or why I am letting it go

03 / MAKE ROOM

A week you can live in

Begin with the commitments that are already real. Then choose one thing you want to move forward. Leave some space for being a person, including the parts of the week you cannot predict.

A useful plan makes the next step easier. It does not need to account for every hour.

This week, the thing that matters most is...

A small step I can take on Monday

Something restorative I will make time for
