

THE BUSY MOM'S SUNDAY RESET

The 60-Minute Routine That Stops Monday Chaos

For moms who feel like they're always playing catch-up — this is your reset.

WHY THIS WORKS

Most weeks feel chaotic because nothing ever gets properly reset. This checklist removes Monday morning scrambling, decision fatigue mid-week, and that constant 'I'm already behind' feeling.

You don't need more time — you need a reset point.

MIND & PLANNING

- Review last week**
What went well? What felt hard?
- Check the family calendar**
Appointments, activities, school events
- Write your Top 3 priorities**
The 3 things that MUST happen this week
- Meal plan for the week**
Dinners at minimum — lunches if you can
- Check kids' bags & notices**
Forms, notes, permission slips
- Quick 5-min budget check**
Review spending, flag anything urgent

ERRANDS & PREP

- Write the grocery list**
Based on your meal plan for the week
- Do the grocery shop**
Or place your online order now
- Prep any make-ahead meals**
Even just one saves a whole weeknight
- Lay out school outfits**
Mon–Wed minimum — Thurs/Fri bonus
- Charge all devices**
Tablets, school laptops, headphones
- Set out bags by the door**
School, gym, work — ready to grab

HOME RESET

- Tidy all main living areas**
Surfaces clear, clutter put away
- Full laundry sweep**
Start a load or fold what's waiting
- Empty all trash cans**
Kitchen, bathrooms, bedrooms
- Quick bathroom wipe-down**
Sink, mirror, toilet — 10 minutes
- Kitchen reset**
Fridge clear-out, counters wiped clean
- Check household supplies**
Paper towels, soap, kids' essentials

Most moms skip this. It's the reason everything else actually works.

MOM'S NON-NEGOTIABLES

- Move your body**
A walk counts. 20 minutes is enough.
- Do one thing just for you**
Book, bath, coffee alone — anything
- Check in with a friend**
A text counts. Connection matters.
- Set your Sunday night alarm**
Give yourself one extra snooze
- Write one win from this week**
You did more than you think.
- Set your intention**
One word for how you want to feel Friday.

SHORT ON TIME? DO JUST THESE 4 THINGS (20 MINUTES):

- ✓ Check the calendar
- ✓ Quick kitchen reset
- ✓ Write your Top 3
- ✓ Lay out tomorrow's outfits

A partial reset beats no reset every single time. Done = enough.

Reset complete for the week of: _____

This week I want to feel: _____

Want to go deeper? More free resources at busymomdiary.com/mom-life

Use this every Sunday. Repetition is what makes it work.

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Free to print, use, and share with a mom who needs it ■