

Clear the week. Start clean.

WEEK OF _____

~20 minutes, top to bottom

1 · BRAIN DUMP — EMPTY YOUR HEAD FIRST

3 · THREE PRIORITIES · THE WHOLE WEEK

1

2

3

4 · LIFE ADMIN — THE BORING CHAOS-STOPPERS

Start a load of laundry

Meds — refill if running low

Inbox — clear the scary ones

Money — bills + a quick balance check

Glance at next week's calendar

Rough meal idea + grocery list

5 · ONE KIND THING FOR ME

2 · WINS FROM LAST WEEK — COUNT THEM



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PARK IT — NEXT WEEK, NOT NOW
