

Plan Your Sunday Reset

Use the 1-3-5 rule to make the most of your Sunday reset! Pick one big task **to be your main focus of the day**, three medium tasks, and five small tasks. **Just download, add in your own to-dos, and mark the ones** you're committing to with an X. Stick to this rule to avoid overscheduling your Sunday—and remember to pick a few **things** that you truly enjoy!

KEY	
■	Mind + Body
■	Home + Food
■	Work + Plan
■	Love + Rest

TO DO	1 Big Task	3 Medium Tasks	5 Small Tasks	Notes