

Sunday RESETTER CHECKLIST

A gentle ritual to start your week feeling refreshed from the inside, out.
Before you begin: light a candle, put on a playlist, make something warm to drink

MORNING DEVOTION

- Sit quietly before the day begins- no phone
- Open your Bible and spend time in the Word
- Listen for what God wants to share with you.
- Take the time to journal
- Pray over your home, your family, and your week

TENDING TO YOUR HOME

- Kitchen: wipe counters, refresh dish towels, clear sink, light a candle
- Living room: fluff pillows, fold throw blankets, vacuum
- Bedroom: make the bed, tidy nightstand(s), freshen sheets
- Bathroom: wipe down surfaces, restock supplies
- Add fresh flowers or greenery

LOVING YOUR FAMILY WELL

- Prepare or plan a nourishing meal to share together
- Write an encouraging note to someone you love
- Put the phone away and be fully present
- Pray over each person in your family by name
- Spend some quality time outside/inside with your loved ones. Check in--how's everyone's heart doing.

RESTFUL NIGHT ROUTINE

- Full skin care - slowly and gratefully
- Take a warm bath or shower