

Self-Care Sunday

Reset Checklist

A simple, no-pressure guide to resetting your space, body, and mind — one Sunday at a time.

■ Reset Your Space

- Clear off bathroom counters and wipe down surfaces
- Swap out towels for fresh ones
- Light a candle or turn on your diffuser
- Put on a calming playlist or white noise
- Tidy one small area of your bedroom (nightstand or dresser top)
- Set out tomorrow's clothes so morning-you has one less decision

■ Reset Your Body

- Take a warm bath or shower with a soak, salt, or steamer
- Massage your scalp for 2–3 minutes while shampooing
- Moisturize with a body oil or lotion while skin is still damp
- Do a simple face care step (mask, roller, or gua sha)
- Drink a full glass of water
- Stretch for 5 minutes or do a few slow shoulder rolls

■ Reset Your Mind

- Put your phone on Do Not Disturb for the next hour
- Journal 3 things that went well this week
- Write down anything that's been weighing on you (a mental brain-dump)
- Sit quietly for 5 minutes — no phone, no to-do list
- Read a few pages of something that isn't for work

■ Reset for the Week Ahead

- Glance at next week's calendar so nothing sneaks up on you
- Prep one easy meal or snack for Monday
- Make a short, realistic 3-item priority list for the week
- Refill anything you're almost out of (skincare, supplements, coffee)
- Set one small intention for the week ahead

You don't need to check every box — even 3 or 4 of these can shift your whole week. Come back to this checklist every Sunday and make it your own.

■ For more rituals like this, visit the blog at lifestyleunlocked.com