

The
Mental Wealth Co.

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The Sunday Reset Guide

A weekly ritual for reflection, mental load, and gentle planning.

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Hello,

The way we end one week quietly shapes the way we begin the next. This Sunday Reset was created to give you a small, considered ritual — somewhere between a journal and a planner — that you can actually keep up with.

This is not a productivity system. There are no color-coded categories, no aggressive goals, no promise that you'll wake up Monday transformed. What it does offer is a reliable, weekly place to reflect on what was heavy, honor what went well, and step into the next week with a little more clarity.

Take twenty minutes. Make a warm drink. And begin.

— *Jasmine*

Founder, The Mental Wealth Co. · LPC, NCC

Why a reset — not a plan

Most of us don't need another planner. We need a moment. A pause. A chance to close out the week we just lived and consciously choose how we want to enter the next one.

What a reset is

- A short window of honest reflection.
- A place to name what you're carrying.
- A gentle way to identify one or two priorities — not twenty.
- Permission to rest as part of the plan, not against it.

What a reset isn't

- A performance of a perfect week.
- A place to schedule every hour.
- A judgment of what you did or didn't get done.

The point is not to catch up. The point is to catch yourself.

Reflection

Look gently back over the past seven days.

What actually happened this week? (facts, not judgments)

What went well — even if it felt small?

What felt difficult or draining?

What surprised me?

Something I'm proud of:

Something I'm ready to let go of:

Mental Load

Empty out what's living in your head. You don't have to do these things right now — you're just naming them.

Everything on my mind (dump the list):

Anything I'm carrying for someone else:

Anything I've been avoiding — and why (gently):

One thing I can let go of this week:

Priorities

Fewer, on purpose. Choose only what will actually matter to future-you.

Three things I'd like to give attention to this week:

One thing that must happen (and by when):

One thing I'm choosing NOT to do this week:

The rest can wait.

Self-care & Family Needs

Care is a plan, not a coincidence.

One way I'll care for my body this week:

One way I'll care for my mind:

One way I'll care for my relationships:

Someone in my life who needs something this week — and what:

What do I need help with, and who can I ask?

The Week Ahead

One quiet intention — not a to-do list.

How I want to feel this week (three words):

One boundary I'll hold:

One thing I'll say yes to:

One thing I'll say no to:

My intention for the week:

A gentle note.

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If you are working with a therapist or clinician, consider bringing this resource into your work together so they can help you apply it to your specific situation.

If you are experiencing a mental health emergency, please call 911 or contact your local crisis resource. In the United States, you can also dial or text 988 to reach the Suicide & Crisis Lifeline.

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With warmth,
The Mental Wealth Co.