

THE SUMMER RESET SHEET

A one-page reset for weeks when your normal routine falls apart.



1. WHAT IS FIXED THIS WEEK?

Work, classes, appointments, travel, family obligations

- Monday _____
- Tuesday _____
- Wednesday _____
- Thursday _____
- Friday _____

2. WHAT ACTUALLY MATTERS?

Choose three priorities only.

- 1 _____
- 2 _____
- 3 _____

3. WHAT CAN MOVE?

Tasks that are flexible, optional, or can wait.

- _____
- _____
- _____
- _____

4. WHAT DO I NEED TO PROTECT?

- Rest
- Meals
- Study time
- Spiritual or quiet time

5. MY LOOSE PLAN FOR THE WEEK

A flexible week is still a planned week.



MON	TUE	WED	THU
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
FRI	SAT	SUN	NOTES
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

FLEXIBLE WEEK PLANNER

A low-pressure weekly page for summer schedules that refuse to behave.



THIS WEEK'S ANCHOR

The one thing that keeps the week grounded.

MY ENERGY LOOKS LIKE

LOW MIXED HIGH

SUMMER WILD CARD

The event, errand, weather, or family plan most likely to shift things.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

PARKING LOT



Tiny win I want to remember: _____

What can wait until next week? _____

